

# Urban Wellness & Recovery Circle (UWRC)

Peer-Led • Trauma-Informed • Community Healing

## **UWRC & Warm Pack Project Information Packet**

Prepared for: Live • Work • Play Cincinnati & Cincinnati Health Department

## **About Urban Wellness & Recovery Circle (UWRC)**

Urban Wellness & Recovery Circle (UWRC) is a peer-led, trauma-informed community wellness initiative based at NAMI Urban Greater Cincinnati. We use lived experience, creativity, and connection to support individuals and families who are seeking hope, stability, and emotional safety after trauma, addiction, and hardship.

UWRC's work focuses on: • Peer support and emotional safety • Youth and family engagement • Creative expression as a healing tool • Community outreach and resource linkage • Lived-experience leadership and voice

## **Upcoming UWRC Programming – 2026 Launch**

### **Chess for Mindfulness & Social Connection**

A beginner-friendly, trauma-informed chess circle that builds focus, patience, problem-solving skills, and positive social interaction for youth and adults.

### **Creative Circles**

Hands-on creative healing groups featuring art, writing, crafting, crochet, and expressive wellness activities in a safe, peer-led environment.

### **UWRC Online Radio & Podcast**

A developing online platform featuring lived-experience storytelling, resource education, youth voice, and emotional wellness topics to amplify community voices and reach those who may not attend traditional services.

## The Warm Pack Project – Urgent Winter Outreach

The Warm Pack Project is UWRC's winter survival initiative supporting individuals experiencing homelessness across Cincinnati. Our goal is to provide practical warmth, comfort, and dignity during the coldest months of the year.

**Tentative Distribution Date:** Week of January 30, 2026

Because donations have not yet reached the level needed for safe distribution, we are tentatively targeting this timeframe to ensure we can adequately support those who come to us for help.

### **Items Needed:**

- Waterproof coats (all sizes)
- Waterproof sleeping bags
- Sweatsuits and warm clothing layers
- Socks, hats, gloves, scarves
- Hand warmers
- Hygiene kits and wipes
- Tarps, ponchos, umbrellas

These items will be assembled into Warm Packs and distributed to individuals experiencing homelessness through outreach efforts and partner organizations.

## How to Support the Warm Pack Project & UWRC

### **Ways to Help:**

- Donate winter items listed in this packet
- Volunteer with UWRC to support packing, outreach, or events
- Host a donation box at your organization, school, faith community, or business
- Collaborate with UWRC on outreach, creative programming, or wellness events
- Share the Warm Pack Project information through your networks, newsletters, and social media

UWRC is actively seeking partners and collaborators committed to trauma-informed, peer-led, and community-rooted approaches to wellness and recovery.

## **Stay Connected with UWRC**

Join our Facebook community group for updates, donation needs, event announcements, volunteer opportunities, and program updates including our online radio/podcast platform.

**Facebook Group:**

<https://www.facebook.com/share/g/1Bao7tHCcX/>

## Contact Information

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Thank you for your partnership and support in bringing warmth, safety, and healing-centered programming to Cincinnati communities.