



UNITED WAY OF THE CHATTAHOOCHEE VALLEY PRESENTS

Resilient Chattahoochee Valley Newsletter

RCV EDUCATES OUR COMMUNITY ON SOME OF THE EVERYDAY CHALLENGES THAT EXIST FOR CHILDREN. BY ADDRESSING THESE BARRIERS, WE GIVE EVERY CHILD IN OUR COMMUNITY THE OPPORTUNITY TO THRIVE. AS A COLLABORATIVE PARTNER IN THIS WORK, YOUR SUPPORT IS ESSENTIAL!

CREATING PATHWAYS TO INCREASE PACE'S AND ADDRESS ACE'S!

Here's what has happened in the last month and what's to come!

＊ THANK YOU TO THE PITTULLOCH FOUNDATION

We are thrilled to announce ongoing support from Resilient GA, allowing us to expand our programs and continue our mission of fostering resilience within our communities.

＊ VIEWS AND VISIONS PODCAST AT SHAW HIGH SCHOOL

Our ongoing collaboration with Shaw High School's Views and Visions Podcast has been a continuation of the impactful work we began together last year. Previously, students explored topics such as school environment, turning passions into profit, and aspects of relationships. Building on that foundation, students will be discussing Mental Health, necessary life skills, and school environment, while learning how to publish, and produce each episode.

＊ RCV Book Club Relaunch

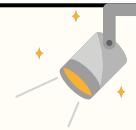
Thank you to everyone who joined our RCV Book Club! We're diving into the powerful life story of Winfred Rembert, exploring his journey, challenges, and resilience. We look forward to thought-provoking discussions with you all as we connect over his remarkable legacy.



Poverty Simulation

In partnership with Goodwill, we recently hosted a Poverty Simulation to deepen community understanding and engagement around the challenges faced by individuals and families in poverty. This interactive experience allowed participants to navigate a series of scenarios, each simulating real-life situations and decisions that those living in poverty encounter daily. Through this immersive approach, community partners gained valuable insights into the barriers and stressors that impact many of our residents, fostering a greater empathy and commitment to collaborative solutions that promote long-term resilience and support.

Spotlight



Community Schools United recently started a new initiative at Dorothy Height Elementary School called “Lil Lit Learners”. The initiative is designed to incorporate The Basics Principles, while capturing and engaging our families with our youngest learners, ages 0-3.

One family shared their appreciation for hosting such events at the school, where access is key for their family due to no transportation. Mom shared that even the extra 1.5 mile walk to the library poses as a barrier to her participating in such activities with her little. The school / on-site location paired with the event timing being concurrent with pick up / dismissal allows for Community Schools United to meet families where they are and capture families while they are already in the vicinity.

Speaking of The Basics: The Power of Early Childhood Connections

Watch this profound video of 7-year-old Molly Wright as she delivers a TED Talk on the importance of early childhood connections. In her inspiring talk, Molly emphasizes how simple, everyday interactions—like eye contact, play, and responsive communication—are crucial to a child’s development. Her insights beautifully reinforce our commitment to The Basics, a set of principles designed to support early brain development and lifelong success for every child. Molly’s message is a powerful reminder of how impactful these moments can be for young minds and a call to all of us to be active participants in fostering nurturing environments.

[How Every Child Can Thrive by Five](#)



Community Resources

Here are a few of our efforts for supporting families, youth, community members, and team members. Here are a few tools that may be beneficial to you:

211

is a resource to connect with community resources, including food, shelter, healthcare, education, and more. It's free, confidential, and can be accessed by calling **211**, texting **898211**, or searching <http://211uwcv.org/>.

Resilient Chattahoochee Valley

Resilient Chattahoochee Valley is a regional initiative, led by United Way of the Chattahoochee Valley, under the leadership of Resilient Georgia, that seeks to improve outcomes for individuals ages 0-26 in our region.

United Way Engagement Activities

 **Brain Architecture** is a team game experience that builds understanding of the powerful role of early childhood experiences on brain development—what promotes it, what derails it, and with what consequences for our community.

 **Making Choices** is a gameboard activity that can be played as individuals or as a team that illustrates how ALICE (Asset Limited, Income Constrained, Employed) families make tough financial choices every day.

 **The Kitchen Sink** is an interactive demonstration that highlights how United Way strategies, partners, and community resources work together as a network of support for ALICE (Asset Limited, Income Constrained, Employed) households.

 **SNAP Gap** is an interactive team challenge that highlights the difficulties of creating a healthy, well-balanced menu for low-income families receiving food assistance. Discussion includes a depiction of food insecurity in the Chattahoochee Valley.

 **The Invisible Backpack** is an interactive demonstration that depicts the additional mental and emotional load many students are carrying with them into the classroom and how United Way strategies and community partners are working together to eliminate barriers to learning.

 **Engage with United Way Community Partners** for interactive simulations that provide participants an opportunity to experience challenges faced by groups served including individuals experiencing domestic violence or poverty.

FIND OUT MORE - HERE

Want to Volunteer?

Walk to School Bus Day is a national movement that serves as a call to action for members of a community to 'walk a mile' in the shoes of our students. Help the Community Schools United team raise awareness about safety and attendance at our Community Schools. Rise and shine with our students and help our team walk students to school.

- **Details:** The walking school bus occurs every first Friday of the month at Martin Luther King Elementary School from 6:45 a.m. - 7:45 a.m. [Additional information](#)

Additional Resources

Below are a few resources Resilient Georgia shares with us. These memos include a variety of statewide policy, environment and system changes, training and other learning opportunities, funding opportunities, and highlights of regional work. We hope you find these resources as helpful as we do.

Developing Best Practices for Trauma-Informed Teaching and Learning

The Duke Bass Connections project on trauma-informed teaching focuses on creating best practices to support folks who have experienced trauma in academic settings. Two key strategies are Naming Current Events, where meetings start with participants sharing both positive and challenging life events to foster open discussion and emotional connection, and Trauma Stewardship, which includes grounding exercises like breathing or meditation to help participants remain present and ready for learning. These practices aim to build a psychologically safe and inclusive environment, improving teaching practices and university policies for trauma-affected individuals and can be tailored and used across all educational levels.

CLARE

Applications for Collective Leadership Advancing Racial Equity (CLARE) Program: As a reminder, the Collective Impact Forum is launching the Collective Leadership Advancing Racial Equity (CLARE) Program in January 2025. This 10-month leadership accelerator is designed to invest in 20 individuals working to advance racial equity within their communities through collaborative, collective impact efforts. Participants will gain access to peer learning, coaching, and resources to strengthen their leadership in advancing racial equity. A webinar recording is available on the website and further questions can be directed to courtney.robertson@collectiveimpactforum.org

Employers Prioritizing Connection as a Vital Component of Whole Person Health:

This LinkedIn article highlights the importance of employers adopting a "whole-person health" approach, which prioritizes physical, mental, and social well-being. Key strategies include fostering workplace connections, offering expanded health benefits, and implementing wellness programs that address loneliness and social isolation. Research shows that addressing these issues can boost employee health, productivity, and retention. Employers can also engage with local communities through volunteer programs and shared spaces. Leadership plays a crucial role in modeling healthy behaviors and creating a culture of connection.

THANK YOU FOR BEING A VALUABLE PARTNER WITH RESILIENT
CHATTAHOOCHEE VALLEY (RCV).

Thank you for reading!