



Community Connection: December 2019

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." - John F. Kennedy

[Visit our Website](#)



New & Good: Trauma-Informed

Trauma is an emotional response to an adverse experience, whether it be a single incident or chronic exposure. Understanding trauma and its effects is vital to connecting with the children in the Circles RVA community.

Our Children's Program volunteers recently participated in a class provided through Richmond's Trauma Informed Community Network. This introduction to trauma and resilience explained trauma's impact on the brain and development. More importantly, it led us in generating strategies for interacting with the children we teach every week.

Knowing better allows us to do better. And we want to give our best to Richmond families.

Appreciations: Gratitude

Focusing on gratitude transforms our perspective. That's why we take time each week to share appreciations, verbal expressions of gratitude, within the Circles community.

Thanksgiving gave us the opportunity to create an entire evening devoted to gratitude. We shared a holiday meal and participated in family-focused games and activities.

Many thanks to Vivek Rai for photographing our Leaders and their families to record this special evening. May these family portraits be a reminder of what Circle Leaders are working to accomplish - breaking the cycle of poverty for their entire family and future generations.



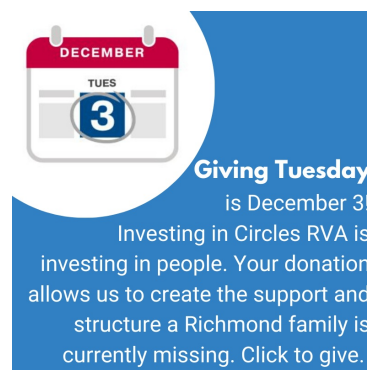
Circles' meals

are more than just dinner... they are an opportunity for conversation and relationship building. Thank you to meal donors, like AKA, who make this weekly experience possible!



Our newest Circle Leaders

began training in September. Over upcoming weeks they will be introduced to a variety of skills and tools to help them navigate their financial futures.



Giving Tuesday

is December 3! Investing in Circles RVA is investing in people. Your donation allows us to create the support and structure a Richmond family is currently missing. Click to give.

Expand Your Circle: Upcoming Events

DEC 3
COHORT 1 & 2 MATCH NIGHT
Leaders and Allies meet together
COHORT 3 LEADER TRAINING ALLY TRAINING

DEC 10
2019 REFLECTIONS
COHORT 3 LEADER TRAINING ALLY TRAINING

DEC 17
HOLIDAY PARTY

DEC 24 & 31
WINTER BREAK
Happy holidays!
We'll see you in the new year!

