



Community Connection: July 2020

Life affords no greater responsibility, no greater privilege, than raising of the next generation." - C Everett Coop

Visit our Website



New & Good: Parenting During a Pandemic

Chinary Hall, Circle Leader and owner of the Temple Project RVA, recently led two sessions on parenting for our entire community of Leaders, Allies, and volunteers. She facilitated a time of reflection regarding each of our upbringings and the impact they have on us today.

Chinary explored the basic, psychological and self-fulfillment needs of children while also discussing adverse childhood experiences and their impact into adulthood. Past trauma often looks like drama, but can be transformed by building resilience, which is the power to bounce back.

Resilience develops in a variety of ways but especially through the influence of a caring adult or positive role model. Circles RVA recognizes the role we play in supporting parents and being a positive voice for their children outside of the home. We aim to help youth establish self-confidence, gain a sense of purpose and a feeling of connection.

Parenting during a pandemic and teaching children about race are both daunting tasks. We thank Chinary for reminding us that the goal should be to parent in a way that is nurturing with the intent to develop attachment, empathy, and self expression. We hope to grow these characteristics in our children, but more importantly, want to encourage them to carry these qualities forward into the world as the next generation.

Appreciations: Relationships

Change happens within relationship. We say this often in the context of empowering Circle Leaders. Leaders are able to spur change in their lives through their connection with a new social network. Encouraging relationships are formed and useful contacts are leveraged. The end result is a new and promising path forward for each Leader.

However, Circle Leaders aren't the only people experiencing change within the Circles community. There is a broader transformation that takes place as individuals connect across socio-economic, racial, and other lines that all too often divide.

What do we often learn? We have more in common than we do different. We can more readily let go of judgment and bias when we are in a relationship with someone. A deeper level of empathy grows when we see life through another's experiences and listen intently to their feelings.

Authentic, transformative relationships are the core of Circles' community. Now, more than ever, we need connection and unity. Message us to learn how you, too, can become a bridge.




FITNESS
is July's theme for the Circles Children Program. We'll be delivering supplies to spur physical activity because it's an important part of staying healthy... and it's fun!



RFM's Summer Issue explains
Circles RVA's role as the proverbial village, supporting and encouraging Circle Leaders as they raise their children. Grab a (free!) copy in stores or [click](#) to read online.



Circles was honored to be a part of the **Summer Institute for Leadership and Public Service.**
Circles' presentation focused on raising awareness of needs and inequities in the greater Richmond area, as well as growing empathy.

Expand Your Circle: Upcoming Events

JUL 7	JUL 14	JUL 21	JUL 28
Cohort 1, 2 & 3 MATCH NIGHT Cohort 4 Leader & Ally Training	Cohort 1, 2 & 3 Parenting Workshop: Getting to Calm Pt. 1 Cohort 4 Leader & Ally Training	Cohort 1, 2 & 3 Parenting Workshop: Getting to Calm Pt. 2 Cohort 4 Leader & Ally Training	Big View Trauma & Resilience led by Gabrielle, Circle Leader

** ALL PROGRAMMING IN JUNE WILL BE CONDUCTED VIRTUALLY.**

Do you have a suggestion for future programming that would be meaningful to our Circle Leaders? [Share](#) your ideas with us!

