



## Community Connection: November 2020

"Alone, we can do so little. Together, we can do so much."  
- Helen Keller

[Visit our Website](#)



### New & Good: Social Capital

Over twenty new volunteers are joining Circles RVA this month to begin Ally training. Our community grows exponentially with the addition of these new Allies, as they each bring along their own personal circles of social capital.

What is social capital? By definition it is the networks that enable society to function. You could also think of it as the relationships that enable you to move *upward*. One of the unique components of the Circles model is that it incorporates three types of social capital, each with it's own merits:

- Bridging: Social connections among people with differences
- Bonding: Relationships within peer groups
- Linking: Associations across power dynamics

Valuable relationships are established every week when the Circles community meets. We look forward to seeing this new cohort transformed through the influence of relationships.

### Appreciations: COVID Relief

Circles RVA is able to continue meeting needs during this national pandemic, thanks to generous grants including the Community Foundation for a greater Richmond's Central Virginia COVID-19 Emergency Response Fund and St. Paul's Episcopal Church's COVID-19 Relief Fund. We recognize the good work being done by countless organizations throughout Richmond and are honored to be recipients of this critical support.

As an organization, we continue to work within health and safety restraints ushered in by the pandemic. The path forward is unknown in terms of returning to "normal" operations. However, we greatly appreciate the financial support that allowed us to make necessary operational adjustments during this challenging time.

We expect that our Circle Leaders will feel the impact of COVID for an extended time. These are individuals and families that were teetering between crisis and security *before* the national pandemic. Current economic challenges will disproportionately affect these families making their road to economic stability longer and more complex. With or without social distance, Circles RVA is committed to providing the ongoing emotional support that will be vital for them to continue moving forward.




We miss gathering in person! This fall we're mixing and mingling at local parks within CDC guidelines. These **socially distant gatherings** have been a great way to bolster relationships within our community.



**Are you shopping online** this holiday season? Link your Amazon account with Circles RVA to maximize holiday giving! Amazon Smile donates each time you make a purchases (at no cost to you)! Click [here](#) to get started.



Thank you to **Mental Health America** for presenting at Circles RVA last month. We benefited from their tips on how to be supportive peers and appreciate their ongoing mental health advocacy.

## Expand Your Circle: Upcoming Events

NOV 3	NOV 10	NOV 17	NOV 24
<b>VOTE!</b> Circles is pausing programming to ensure everyone has time to vote!  <b>** ALL PROGRAMMING IS VIRTUAL. **</b>	<b>Cohort 5</b> Leader Training Ally Training Begins  <b>Cohorts 2, 3 &amp; 4</b> Virginia Credit Union	<b>Cohort 5</b> Leader Training Ally Training  <b>Cohorts 2, 3 &amp; 4</b> Goal Work	<b>HEARD</b> Documentary Viewing

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

