

Aurora Strong Resilience Center Newsletter

Aurora Mental Health Center

3/8/2017

Edition 1, Volume 1



back. How an individual bounces back is a completely different story, but we are here to help and support you in any way we can. Our space is open to the community to use and grow together. We are

RESILIENCE

My head lifted towards tomorrow,
Resilience brings me Hope and Courage for today.

My head lifted towards tomorrow,
Resilience and Strength shouts, "Come This WAY!!"

~~~~ The Aurora Poet ~~~~

Hi Friends! The Aurora Strong Resilience Center has been building individual and community resilience for over three years, and is proud to work with each and every one of you. Resilience is a powerful word that can mean a lot of different things to different people, but it always has one thing in common and that is the ability to bounce

now more community driven than ever. The Aurora Strong Resilience Center is proud to host your events, meetings, and classes and provide the space free of charge. Volunteering is an important component for a healthy community and our

*Resilience  
Reid Heitich  
Board Member*



All of us have experienced traumatic events in our lives. Certainly some of these events are far more devastating than others, but whoever we are, wherever we are, we have, and will experience difficult moments that are capable of tearing us apart. So, all of us need to better develop resilience or the ability to bounce back from those traumatic experiences.

I feel incredibly blessed to have personally experienced less than my share of trauma. But as I have observed major traumatic events (like the Aurora theatre shooting) and minor personal events, I have noticed the power of community. It's often that almost instinctively family, friends and neighbors show up during the most difficult moments in life. There is incredible strength gained from knowing that there are others who care. Sometimes that strength comes through words or actions, more often it's through presence. It's my observation that personal and community resilience is developed when we come together... experts and neighbors, victims and advocates, rich and poor, strong and weak, young and old.

It's my prayer that we would learn to become a more resilient community, one that comes together. I pray that we would continue to come together in moments of tragedy, but also in other moments so that it would be easier and more natural to come together in the hard times. I am eager to live in a resilient community and even more eager to be a part of a resilient community.

amazing volunteers have stepped up and helped us develop. You can read about one in particular further down, and a different person will be highlighted each newsletter.

The programs we host here are thriving and the community has a lot to do with it. Our center would not run without the support from you all, and the dedication you show Aurora Strong Resilience Center every day. Aurora Strong can't thank the volunteers, community members, and others enough for the influence they have on us. From small donations of magazines and toys to hosting important health classes, it is truly inspiring to work by all of your sides. The amount of joy this place brings the

community is amazing and inspiring.

The future looks bright for everybody at the center and in the neighborhood with some new opportunities just around the corner. The garden is one thing that will be overhauled, and we are currently looking for volunteers to help support that project. The goal is to have food grow for the community by the community. Some other programs that are already underway that community members are utilizing range from acupuncture to diabetes prevention class. The center is also hosting meditation, yoga, and mental health first aid trainings to further support the mental health and wellbeing of your community. The response from you all has

been great, and your influence is leading us in an exciting, positive direction. A language club is forming to help people learn English and Spanish in a fun, community driven way. Our future classes, events, and activities will be based off your input and ideas. Please share any ideas you have! If there is something you want to see, suggestions you have for us, or ideas on how to make Aurora Strong Resilience Center thrive please don't hesitate to reach out, I would love to hear from you. Again, thank you for all you do for the community! I can't wait to see what the future brings!

-Marc Garstka, LSW  
ASRC Program Coordinator

## *Volunteer Spotlight with Steven Shomo L.Ac, DOM, AP, CSCS, E-RYT Acupuncturist/Herbalist/Qigong & Yoga Teacher Trainer*

Steve is at ASRC on Tuesdays from 10am-1pm for FREE Acupuncture! Acupuncture is a form of alternative medicine. Come in and meet Steve and participate in Acupuncture!



*-What purpose does acupuncture serve in this type of community environment?*  
S: Acupuncture provides a holistic based medical system in an accessible and affordable way. In a community environment it allows the community to heal together from physical,

emotional, and mental traumas.

*-What motivates you to give back to Aurora?*

S: My private practice is in Aurora, and I grew up in Colorado. I think a big part of it is I get back the joy of being able to help those in need in a community I work and live in.

*-What is unique about your experience here at Aurora Strong Resilience Center?*

S: The uniqueness is the diversity of the people from all different regions of the world and all different issues they are concerned about. This is a safe environment for everybody to be together.

*-Why do you think it is important to volunteer?*

S: Volunteering provides two aspects. One, it allows us to learn and understand what others may go through or are experiencing. It also allows us to use our gifts and knowledge to give back to those communities we support. Side note, it is

important for children high school aged to volunteer in underserved communities or foreign countries with less structures in place.

*-What does resilience mean to you?*

S: Resilience to me means being able to find and utilize the mechanisms able to help the community heal and cope from those physical, mental, and emotional issues that may be an onetime event or a daily occurrence.

*-What are some of the effects acupuncture can have on a person who is experiencing trauma? In general?*

S: Acupuncture has the ability to work at the physical, emotional, and mental level assisting those who have experience PTSD, stress, difficulty sleeping, or issues that may involve pain or digestion, and being able to cope.

*-How does acupuncture build resilience?*

S: Acupuncture allows the mental and emotional space to where a person can see

things from different perspectives and learn new coping mechanisms for stress.

### **Testimonials from community members at the Aurora Strong Resilience Center**

“Steve is very informative to our aches and pains. He helped me tremendously with my IT band pain.”

-Sandy

“Steve is a very, very personal man and takes an interest in the problems we have. He helped me sleep better, relieve my pinched nerve pain, and taught me how to relax. Would love to see him again in the future. I am glad Aurora Strong Resilience Center hosts this free event.”

-Barb

“He (Steve) helps me a lot with my lower back pain.”

-Carlos

“Acupuncture helps me a lot with my emotions and cravings. The first time actually helped a lot!”

-Kyna

Thank you Steve for everything you do! -ASRC

### *SPRINGING INTO SPRING*

One of the keys to gaining and maintaining resilience is the concept of self-care. Many of us are dedicated to taking care of people around us as well as passionate about making a difference in the world in general. Continuing to be resilient depends on our ability to recognize our own needs, set boundaries and manage our own energy in order to continue being a positive force in the world around us. Each newsletter we will include information on how to engage in self-care and to provide you tools that can help you take care of yourself.

### *SOCIAL MEDIA MANAGEMENT*

The beauty of social media is the ability to share funny memes, hopeful stories and cute pictures. Platforms such as Facebook, Snapchat and Instagram give everybody a voice and the ability to share their views with friends, family and strangers. The down side is this modern phenomenon often floods individuals with constant messages from both those people they agree with and those they do not. Set good boundaries on whose posts you regularly see and if someone is consistently posting things that effect you emotionally, consider temporarily or permanently unfollowing them.

Think of your social media platforms as your own personal space and be aware and discriminating of who you let in it. Fill your space with people who encourage you, inspire you and challenge you in positive ways.

-Monica Pressley, Therapist, MA, LPC, CAC II

## *Resources in the community!*

### **Aurora Community Connection Family Resource Center**

<http://www.auroracommunityconnection.com>

Aurora Community Connection Family Resource Center is an organization with caring bilingual staff that serves families in North Aurora. They offer a number of classes including English as a second language, Zumba, soccer for adults and kids, nutrition and cooking, citizen preparation, diabetes prevention, after school tutoring for elementary aged kids, and more!

### **City of Aurora Colorado**

<https://www.auroragov.org>

Are you looking for a job, interested in playing a sport as an adult, or simply looking for something to do this weekend? This website can help with any number of questions you may have within the city of Aurora. At [auroragov.gov](http://auroragov.gov), you will find information ranging from help navigating how to get a public defender to adopting your first pet.

### **Animal Assisted Counseling of Colorado**

<http://www.aacoc.net/about-us.html>

Animal Assisted Counseling offers a unique approach to therapy using animals such as dogs, horses, Guinea pigs, and rats as well as music, art, and play to help people over-come any number of mental health concerns such as mental illness, divorce, child maltreatment, domestic violence, parenting support, conflict resolution, academic challenges, behavioral issues, and grief and loss. They work on a sliding scale and accept a wide range of insurances including Medicaid. Look forward to meeting Kona at ASRC! Kona is Marc's therapy dog and loves to talk and play!

**Aurora Strong Resilience Center**, [www.aurorastrong.org](http://www.aurorastrong.org) Facebook pages <https://www.facebook.com/aurora.strong.923> or <https://www.facebook.com/Aurora-Strong-Resilience-Center-1170377819710943/> We are located at 1298 Peoria St Aurora, CO 80011. Our phone number is 303 739 1580 and email is [aurorastrongrc@gmail.com](mailto:aurorastrongrc@gmail.com) Please reach out if you are interested in volunteering or utilizing our space! Thank you for your continued support!