2023 VIRTUAL SUPPORT COMMUNITY CALENDAR

CIRCLES FOR SAFE STREETS: A RESTORATIVE JUSTICE RESPONSE
Thursday, February 2, 2023, 7:00-8:00 pm EST | 4:00-5:00 pm PST
Join us to discuss the Center for Justice Innovation's Circles for Safe Streets pilot program - developed with New York FSS. This program gives voice to the hundreds of victims and loved ones affected by traffic violence, and requires drivers to confront the harm they have caused and work towards preventing future harm. Register here.

HONORING OUR LOVED ONES AND ACKNOWLEDGING OUR INJURIES: CREATIVE AND MEANINGFUL IDEAS
Thursday, March 2, 2023, 7:00-8:00 pm EST | 4:00-5:00 pm PST
There are many ways to hold loved ones close or acknowledge our own injury crashes. Some have initiated family foundations and scholarship funds, others have planted memorial gardens, organized awareness walks or supported a variety of community needs. If you have an experience to share or would like to learn from fellow community members about theirs, please join us. Register here.

HANDS-ON ART PROJECT
Thursday, April 13, 2023, 7:00-8:00 pm EST | 4:00-5:00 pm PST
The creative process encourages self-exploration and awareness and can provide a much-needed outlet for anxiety, sadness, and other hard-to-process emotions. Join us for a hands-on art project guided by FSS member Debbie Kahn, a licensed art therapist and inspiring teacher. We'll do a mindfulness activity to get started and make personal decks of calm cards to bring comfort and wellbeing. Register here.
SHARING YOUR STORY: CARING FOR YOURSELF
Thursday, May 4, 7:00-8:00 pm EST | 4:00-5:00 pm PST
Our stories and the emotions that come with them inspire our advocacy and desire to make a difference. Managing the feelings that come up before, during, and after story sharing is essential to your wellbeing and ability to stay the course. A panel of community members share perspective and guidance to help you emotionally prepare to share your story at hearings, rallies, and other public events, and care for yourself after. Register here.

JOURNAL WRITING TO COPE WITH ANXIETY, STRESS, AND TRAUMA
Thursday, June 1, 2023, 7:00-8:00 pm EST | 4:00-5:00 pm PST
Guided, detailed writing can help us process what we've been through and envision a path forward. Journaling has even been found to lower blood pressure, reduce anxiety, and improve sleep. Join FSS peers around the country for a facilitated workshop to help you start or maintain a journal writing practice. Please bring a writing implement(s) and notebook. ALL WRITING ABILITIES WELCOME! Register here.

CRASH SURVIVORS: CHANGING PERCEPTIONS OF YOUR POST-CRASH BODY
Wednesday, July 19, 2023, 7:00-8:00 pm EST | 4:00-5:00 pm PST
Traumatic injury can alter the body we've always known, and challenge the way we see ourselves. This workshop will support those recovering from injury, and share tools for cultivating a healthy body image. Register here.
HAIKU WRITING  
Thursday, August 3, 2023, 700-8:00 pm EST | 4:00-5:00 pm PST
The ancient tradition of Haiku poetry or “play verse” focuses on themes including the temporality of life, the temporality of nature, and the seasons. These are very short poems that nonetheless pack a punch. Together we will discuss and explore the power of this kind of poetry writing and create our own poems. ALL WRITING ABILITIES WELCOME! Register here.

FOREST BATHING: A GUIDED INTRODUCTION  
Thursday, September 7, 2023, 700-8:00 pm EST | 4:00-5:00 pm PST
Connection with the natural world has long been recognized as vital to human health and wellbeing. Forest Bathing or shinrin-yoku, first developed in Japan, is a practice that encourages people to be fully present while spending time in nature (no actual bathing required!). This outdoor meditation can be as simple as taking a walk around the block, working in your garden, or visiting a nearby hiking trail. The idea is to engage fully and join us for a guided introduction. Register here.

SUPPORTED COMMUNITY READ (OUR VERSION OF A BOOK CLUB!)  
October 2, 2023 - November 7, 2023, 700-8:00 pm EST | 4:00-5:00 pm PST
Join our inaugural Supported Community Read of James Agee’s Pulitzer Prize winning novel, A Death in the Family. The story chronicles a crash that destroys a young family. Called a novel of great courage and powerful emotion, the writing sheds light on the mysteries of life and death, of faith and unbelief. This gathering is open to all FSS community members, and will be facilitated by FSS member Rebecca Sonkin, a published writer and writing professor. Register here.
WORLD DAY OF REMEMBRANCE VIRTUAL CANDLE LIGHTING
Monday November 20, 2023, 7:00-8:00 pm EST | 4:00-5:00 pm PST
Join FSS community members from across the country for a virtual candle lighting and memorial slideshow to remember loved ones and share impressions from our World Day of Remembrance memorials.

VIRTUAL SOUND BATH MEDITATION
Thursday, December 7, 2023, 7:00-8:00 pm EST | 4:00-5:00 pm PST
If you have lost a loved one or been injured in a crash, join us for a healing sound bath meditation. A sound bath or sound healing is an ancient tradition using instruments with deep, resonating vibrations like Tibetan singing bowls, bells, chimes, and gongs to release tension and ease stress, fatigue, and depression. A great way for beginners to learn about meditation - and open to everyone. Register here.

QUARTERLY PEER MENTOR TRAINING
FSS Peer Mentoring provides bereaved family members, those seriously injured, and their caregivers with a connection to a volunteer peer support mentor. FSS mentors are all individuals who have been through similar experiences and are dedicated to helping others survive these life-altering tragedies. If you are interested in becoming a peer mentor, join a peer mentor training session held quarterly Please also contact us if you need a peer mentor to be matched at any time.

March 23, 2023, 6:30-8:30 EST | 3:30-5:30 PST
Thursday, July 20, 2023, 6:30-8:30 EST | 3:30-5:30 PST
October 19, 2023, 6:30-8:30 EST | 3:30-5:30 PST
Register here.
Register here.
Register here.

info@familiesforsafestreets.org | familiesforsafestreets.org | 844-377-7337
Families for Safe Streets (FSS) confronts the epidemic of traffic violence by advocating for life-saving changes and providing support to those who have been impacted by crashes. Comprised of individuals who have been injured or lost loved ones, FSS was founded in 2014 in New York City and is growing as a national movement with chapters across the country.