

NIA/NM's Resource Center for Victims of Violent Death

We serve those dealing in the aftermath of violent death - families & loved ones, friends, neighbors, co-workers, as well as the community/ city/ state - as a BRIDGE across the gaps in victim services with availability, information, advocacy, referral, and education, and grief support services.

JUNE - Celebrating Flags, Fathers, and Summer



Next

Lunch & Learning
July 14, 2017-
Noon-1:30 pm

Topic:
Getting Justice in the Civil Court System

Guest Speaker:
Attorney Greg Gahan

We will remind you again at end of June.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01	02	03
04	05	06	07	08	09	10
11	12	13	14 FLAG DAY	15	17	17
18 Father's Day	19	20	21 SUMMER	22	23	24
25	26	27	28 Los Lunas 6pm	29	30	

Remembering those lost in June: Stephen Gereke, Sergio Bickham, Ian Fraser, Jesse Garcia, Travis Miller, Robert Rocha, Isaiah Sanchez, Jayden Chavez Silver. **Those with birthdays in June:** Dominic Castillo, Charlie Davlin, Thomas Beebe, Andy Sandoval, Myisha Garcia. (If we missed a loved one please let us know).

At our May Lunch & Learning – “Spring Cleaning” - Dr. Gail Feldman reminded us to use S.O.A.P. daily:

S – Spirituality - social participation; service; meditation/prayer; church; community, volunteering, mentoring

O – Optimism - self-efficacy, confidence, create a Power Pose; make a long list of your strengths

A – Appreciation - gratitude practices; affirmations and declarations of your intentions

P - Purpose- powerful commitment to life work & to the self-care that is Required to Do the work, and to the over-riding value of Love! *Clean up negative habits and allow all of your strengths to blossom this spring!*

In June, let's fly the flag, hug our fathers (in person and in spirit) and enjoy the summer!



CALL Pat, Joan, & Aussy 505-243-2222