



NEWSLETTER

OCTOBER: ISSUE 5

THE SELF RELIANCE GROUP

BOARD PRIORITIES

COMMUNICATION CHILDREN DENTAL INTERSECTIONALITY
 SCHOOLS SUBSTANCE
 MENTAL HEALTH ACCESS ABUSE
 VETERANS
 TRANSPORTATION SENIORS SERVICE GAPS HOMELESSNESS

September: As new board members join in service of the mission, the perspectives & goals of The Group have begun shifting to accurately reflect the diverse interests & skillsets of new leadership. The Group has continued building its name in the community, primarily through community meetings, tabling, & social media outreach.

October: The Group will continue selling raffle tickets for its first fundraising activity. The CEO is working with area providers who service people & issues connected to those identified above. Hygiene Product donation partnerships are also developing this month. The Group is actively engaged in recruiting community professionals.

This community event was a HUGE success!

After 3 short hours, The Group had distributed over 70 cupcakes and positively interacted with over 70 kiddos. This was done by asking them to participate in a cakewalk and answer an age-appropriate question about mental health and natural supports.



COMMUNITY DAY 9/9
 Mental Health is a 'Cake-walk' game

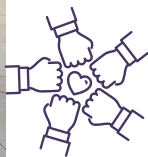
HAVE YOU SEEN US AROUND IN THE COMMUNITY YET?



Updates and Ah-Ha moments are starting to roll in to the office, board, & CEO! More people are starting to recognize the logo & think about mental health. Earlier this week marks the **first drop-in donation at the admin office!**



Please **stop by & say hello** next time you see The Group out and about in town! The CEO is always looking for interested volunteers to share in progressing & advancing the mission here in our community!



October volunteer opportunities include: raffle ticket selling, content creation & gathering, and social media outreach & growth. Call (319) 671-7152 (x107) for more information.



Community organizations thrive on local support & engagement. **Thank you for helping The Group build its network of support!!**

BOARD GROWTH

In September, The Board of Directors recruited Kim Hixson of West Burlington's Community Health Center. She brings certified community health experience and strong local engagement to the growing board of directors. Welcome to the team, Kim!! & Thank you for your service!

RAFFLE TICKETS

Over 35% of all tickets sold to-date! Drawing on 11/18 with winner contacted directly & live video uploaded to Facebook/Website on the day-of the drawing. October Selling dates, times & locations on Facebook & our website. **Like & Share the Facebook Post!!**

HYGIENE PRODUCTS

Self Reliance consumer pantry option & development of partnerships w/local charities & churches to distribute goods and products via their pantry. Stay tuned to see which local pantries accept the donated hygiene products!!

The Self Reliance Group
 (319) 671-7152 (x107)

CONTACT INFORMATION

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