

LOVE FOR VB

Together We're Resilient • 5.31.2019

MAY REMEMBRANCE ACTIVITIES & SPECIAL PROGRAMMING



Three-Year Remembrance Ceremony

Tuesday, May 31, 2022 • 7 p.m.
Mount Trashmore Park, 310 Edwin Drive

An in-person ceremony will be held for the first time since the pandemic to allow the community to gather to remember those we lost, lift up survivors and all those affected and still healing. *Limited seating is available in front of the stage.*

Show Your "Love For VB" Available Throughout May For More Info: LoveForVB.com

Here are a few ways you can remember in your own way and show "Love For VB."

- » Turn your porch lights blue
- » Display the flower and your art through one of the coloring sheets
- » Show your love online by using a Facebook frame



Love For VB Around Town

The Love For VB symbol is currently displayed on the "Love" sign at the Virginia Beach Animal Care and Adoption Center, 341 S Birdneck Road.



The forget-me-not flower has again been painted at Mount Trashmore on the front façade of the hill below the City seal.

Remembrance flags, featuring the Love For VB symbol, will be flown at more than 40 locations throughout the city.

City facilities including Building 30, the Virginia Beach Convention Center and Virginia Aquarium and Marine Science Center will light up blue in remembrance, May 23-31.



Go Blue

Tuesday, May 31

Wear blue for remembrance.



Graphic for concept only. Not available for sale.

A Moment of Silence

Tuesday, May 31 • 4:06 p.m.

Partake in a moment of silence on May 31 at 4:06 p.m., the time that the first 911 call was received. Pause wherever you are at that time.

MINDFULNESS, REFLECTION, RESILIENCY & MENTAL HEALTH AWARENESS

A Virtual Moment of Reflection

Friday, May 27 | 11 a.m. to 5 p.m.

1-Hour Group Sessions

Sign Up: thevbstrongcenter.org/events

A key influencer to improving resiliency, increasing recovery, and working towards healing during a year mark is staying connected or reconnecting with others. Memorials and remembrances bring out triggers and emotions for many people. Reserve a spot and join the "virtual reflection hour" with a licensed therapist for immediate support to share thoughts and identify challenges during this time. Gain supportive insight and reconnect with peers in an open group setting. Hosted by the VB Strong Center.

A Virtual Moment for Healing

Multiple Dates and Times

25-Minute One-to-One Sessions

Sign Up: thevbstrongcenter.org/events

After a traumatic event and during a year mark, everyone's experience is unique and different on their journey towards resiliency and healing. Although supportive group settings are helpful, individual sessions can be just as impactful for those not ready for the group experience. Connect "one-to-one" with a licensed clinical therapist to explore any triggers, emotions, thoughts and feelings pertaining to the three-year mark of 5/31/19. These sessions are private and confidential. Hosted by the VB Strong Center.

VBPL Mindfulness & Resiliency Programming for All Ages

Multiple Dates and Times

For More Info: vbpl.librarymarket.com

- » StoryWalk® featuring *I Promise* by LeBron James
- » Anti-Meltdown Monday (Teens)
- » Tiny Art Tuesday (Teens)
- » Unwind Wednesday (Teens)
- » Mindfulness Storytime
- » Preschool Yoga
- » Plant a Seed of Kindness (Ages 3-6)
- » Dot Art Mandalas (Teens)
- » Tiny Paint Night (Tweens & Teens)
- » DIY Fidget Toys (Tweens & Teens)
- » Teen Only Teeny Tiny Farm
- » Kitten Cuddles with Billy the Kitten Rescue (Teens)
- » Relax with Reptiles (Teens)
- » Coping Strategies to Build Resiliency (Adults)
- » Digital Positivity Boards (Teens)

Hosted by Virginia Beach Public Library.
Some events require registration.

Free Yoga Classes

Multiple Dates and Times

Virginia Beach Recreation Centers

Sign Up: thevbstrongcenter.org/events

Physical activity is beneficial to improving health and reducing symptoms related to trauma. Sign up for a free yoga class to focus on relaxation, reduce stress and anxiety, and engage in mindfulness as yoga can support individuals that have experienced trauma. Varying types of yoga will be offered. Hosted by Virginia Beach Parks & Recreation and VB Strong Center in partnership with Sentara Healthcare.

For more information, visit

LOVEFORVB.COM



DHS Mental Health Awareness

Multiple Dates and Times

For More Info: (757) 385-0803

- » Adverse Childhood Experiences Training
- » Question Persuade Refer (QPR) Training
- » Help Me Understand Seminars
 - Depression
 - Childhood Anxiety and Trauma

Hosted by the Department of Human Services.