

## Massachusetts Resiliency Center Newsletter

Issue: # 1

March/2015

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### Quick Links

[maresiliencycenter.org](http://maresiliencycenter.org)

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### New Programs

To find out more about our new Programs, please click on the following links

[Media Workshop](#)

[Quilt Making Workshop](#)

[Caregiver Peer Support Group](#)

[Perspectives: Art Making](#)

*The Perspectives Group will now be held at the Resiliency Center beginning March 15*

If you have any questions about any of these programs, please call:

1-844-787-6641

**Community Outreach**

### Purpose:

The Resiliency Center Newsletter is committed to providing information that promotes recovery and resilience, monthly special features, and updates on a regular basis. Regular updates will be sent through the newsletter each month.

### Mural Making Activity



Our community members began the first of 3 mural making sessions in mid-January. If you wish to share your creative side, please join us for the next session of our Mural Making Project:

**Thursday, April 16, 4:30 pm-6:00 pm at the Resiliency Center**

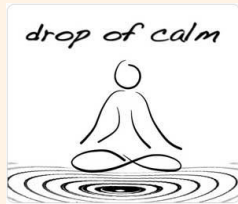
### Peer Support/Survivor Specialist





Congratulations to the Donations Team, Carlos A, Melida A, Shannon S. Jennifer K for making it possible for our member community to enjoy some free holiday shopping!

### Resiliency Tips



To learn more about what you can do to become more resilient in the New Year, read [here](#)

### Mission

The Massachusetts Resiliency Center is a safe, welcoming space for survivors of the Boston Marathon bombing to heal and stay in touch with one another; a virtual hub for a widely dispersed community whose lives have been impacted by the tragic events of April 15th and the events that followed.

The Massachusetts Resiliency Center is a place to make meaningful connections with others and draw strength and healing through relationships with other survivors. Read here why one Survivor became a Peer Support Specialist:[Interview](#)

## Survivor Advisory Panel



The Massachusetts Resiliency Center Advisory Panel held its' fourth meeting on February 2, 2015. For a summary of the meeting click [here](#).

### Next Advisory Panel Meeting:

**Tuesday, March 10th**

The Advisory Panel welcomes all new members. Please read below why one of our members decided to join:

I joined the Resiliency Center advisory panel because I see an opportunity to continue to build a community that cares for one another while healing through reflection and public service. I am convinced that when we pool our experiences and resolve that we will create a space and collective spirit that will carry us through despair and deliver us to a place of resilience and enrichment.

Patrick D.

## Trial Information Evening Summary

On January 12, 2015 Resiliency Center Community Members gathered at The Resiliency Center for a Trial Support and Information event to prepare for the upcoming federal trial. Executive Director of the Massachusetts Office for Victim Assistance, Liam Lowney, shared some personal experience living through a very public trial of the man who was convicted of murdering his sister. Kathleen Griffin and Christina Sterling of the U.S. Attorney's Office shared information related to trial logistics and support for survivors being set up by the U.S. Attorney's Office, and Journalist Stefanie Friedhoff spoke about things to consider when interacting with the media and victim rights when working with the media. Cynthia Kennedy, LICSW of Beth Israel Deaconess Medical Center, suggested tips for coping with the emotional strain of the trial, and led the group in an activity to help prepare mentally and emotionally for the trial. For more of her tips for coping with stress, click [here](#)