

# THE RESTORATIVE REVIEW



The monthly newsletter of the Hartford Community Restorative Justice Center



## WHAT'S NEW

UPCOMING EVENTS

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COMMUNITY OF PRACTICE  
MEETING

.....

TRANSITIONAL HOUSING  
UPDATE

### *Upcoming Rep Panels*

**Wednesday 1/10 5:00-6:00pm**

**Note: this is just a new panel.  
Ongoing panels will continue  
at their scheduled time.**

If you would like to join a panel  
please email Mads or respond  
to this newsletter.

## Upcoming Events

### Community Coffee

Fridays, 10-11am  
Hartford Justice Center

### Main Street Museum Annual Tree Burn

Saturday Jan 6th, 6:00pm  
Main St. Museum  
White River Junction

Every year the community members down at the Main Street Museum have a Christmas tree bonfire to ring in the new year. Celebrate with music, food, and a roaring fire.



### Game Night

Thursday February 29th, 5:00pm

It's time again! Join staff, clients, and other community members for game night. Bring your favorite game or dive into the classics we have at the center.

### Mental Health Community Discussion

Tuesday Jan 2nd, 5:30pm  
Zoom

The Mental Health Team of Lyme hosts regular Community Mental Health seminars, open to the public. This month's seminar is on Intuitive Eating, hosted by a Clinical Health Psychologist. Register on the Community Care of Lyme website.

## Quote of the Month

*"A good apology can be an intimate effort or an international exchange. Its importance lies both in its immediate effects and in its long-lasting impact on a relationship of any kind - friendship, marriage, family, nations, or institutional, religious, or ethnic groups. Not only does an effective apology restore balance to a relationship, it changes patterns and creates new possibilities."*

- Molly Howes -

*"A Good Apology: Four Steps to Make Things Right"*

## Rep Panel Community of Practice Meeting

Keep your eye out for upcoming information on our community of practice meeting. We will be inviting volunteers to come to the CJC and discuss their experience on the Reparative Panels. We hope you're able to join us to discuss the successes and challenges we face in the program space.

### Why?

Community reflection is a crucial part of restorative practice. It fosters our sense of collective awareness and shared responsibility. When we come together to reflect on our individual experiences, challenges, and successes, it creates a space for open dialogue and mutual understanding. It strengthens the bonds within our community, as people develop a deeper appreciation for each other's contributions and challenges. Leaning on each other is a valuable practice.

### What to expect.

We will share a meal together and join in a circle process. The conversation can go where the community members most need support, but some questions or topics may include:

- Specific situations you've found difficult to navigate.
- Structure of the panels.
- Areas staff could step up or step down.
- Program accessibility.
- Areas where future training might be valuable.
- Skills you've developed that you'd like to share.



## Transitional Housing Update

HCRJC takes this opportunity to express gratitude alongside Deacon RJ Dourney and Andrew, extending heartfelt thanks to our community's generous donors. Their support has enabled us to supply backpacks, hygiene/first aid kits, gift cards, clothing, and more to the folks in our community who need it.



Jonathan shared the fulfilling experience of providing Andrew with a backpack filled with essential hygiene items. Andrew, in turn, was able to find a couple of jackets to help keep him warm and stylish on his adventures. We wish Andrew much success and good fortune on his journey to reconnect with his daughter and reestablish himself in the community. Thank you to all our community members that make moments like this possible.

## Restorative Reading

***It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle***  
by Mark Wolynn

This book uses the latest scientific work on posttraumatic stress and neuroscience as a foundation to discuss family patterns and how they impact individual health and behavior. Understanding these patterns and their impacts can be a valuable tool for relating to our clients and to knowing ourselves.