

THE RESTORATIVE REVIEW



The monthly newsletter of the Hartford Community Restorative Justice Center



WHAT'S NEW

TABLE OF CONTENTS

UPCOMING EVENTS

.....

VOLUNTEER HIGHLIGHT

.....

SHOW YOURSELF SOME LOVE

REP PANEL UPDATE

We have Rep Panels starting that need volunteers.

Friday, February 7th 11am-12pm

Thursday March 20th 3:30pm-4:30pm

Please note that these are new panels, and that ongoing panels will continue as scheduled.

Please email Bryana or respond to this newsletter with any interest!

UPCOMING EVENTS

Common Threads Art Night

February 17th 5pm
HCRJC Office

The Justice Center is hosting an art event with Dartmouth Medical students, community members, reentry clients, volunteers and staff. We will decorate masks (like the ones displayed in our office!) and have dinner together.

All are welcome!!

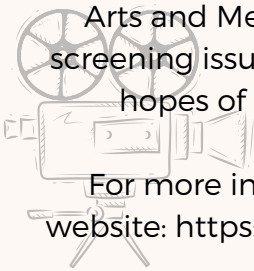


White River Indie Film Festival

February 13th-16th
Briggs Opera House

The WRIF is hosted by JAM (Junction Arts and Media) with a focus on screening issue-oriented films in the hopes of inspiring change.

For more information visit their website: <https://wrf2025.eventive.org>



Community Coffee

Every Friday 10am
HCRJC Office

Take a break and connect with your neighbors! We host Community Coffee every Friday at 10 AM— a great opportunity to enjoy a warm cup, share stories, and build connections. Everyone is welcome! See you there!



Free Webinar: Vapes in 2025: What's Changed & What Parents Need to Know

February 18th 1pm

This free webinar is designed to address critical issues impacting today's students, offering valuable insights and strategies to support your school community.

To register visit:
<https://www.operationparent.org/webinars>

Circle Practice - Connection

February 25th 630pm
HCRJC Office

Maura Hart, a community member from New Hampshire will host a community building circle at the justice center. This will be a space for people to connect with community members, via common human experience.

Dinner will be served!

VOLUNTEER HIGHLIGHT

Volunteer Nate shares reflections about his time with the Hartford Community Restorative Justice Center (HCRJC)



Question: *What does restorative justice mean to you?*

“Mending and building, rather than punishing and exiling.”

*“Watching one particular young woman grow from a life ruined by addiction to having a **family** and **great career**.”*

Question: *What does restorative justice mean to you?*

Question: *How has your involvement with the center changed your perspective on justice?*

*“It gives me more **hope for the future**.”*



SHOW YOURSELF SOME LOVE THIS FEBBRAURY



(1) Practice Mindfulness: Try a 5-minute guided meditation or deep breathing exercise. Deep breathing and grounding exercises can calm your nervous system during overwhelming moments.

(2) Set Boundaries: Say no to commitments that may overwhelm you and make sure to prioritize your own wellbeing. Boundaries help you focus on activities and people that nourish you, rather than drain you.

(3) Journaling: Spend a few moments a day – or once a week – journaling about whatever is on your mind. Journaling can help untangle complicated feelings and make sense of overwhelming thoughts.

(4) Treat Yourself: Indulge in something you love – whether it's a favorite meal, a good book, or a relaxing bath. This can reinforce a sense of self-worth, combating feelings of guilt about putting yourself first by reminding you that your needs DO matter.

(5) Unplug for a While: Take a break from social media or screen time to recharge your mind. Constant notifications, emails, and social media can overwhelm your mind. Unplugging provides a break from these stressors.

