



## Coping with Trauma

Starting Point's outreach model is one of intention and impact. When there is a specific need, the agency endorses a focused intention, such as providing guidance for managing trauma, as they did Monday, Dec 5, at the Whitney Center in Jackson after a tragic loss. In return, the Outreach team relies on the community to assess the impact and provide feedback. This feedback is used to determine further assistance or if a different focus is necessary.

In Jackson, advocates met with groups and individuals to process and chart a course of action together for continued care. Other recent tragedies contributed to the community's trauma, causing accumulated stress, which advocates were sensitive to just as they are with individual victims who have compounded trauma.

After the initial meeting with the Jackson community, it was determined that a multifaceted approach with continued services is required.

[Read More Here](#)



The gift of  
Receiving!



Starting Point is not a charitable organization,  
it is a social justice organization dedicated to  
restoring basic human rights to our clients.

We do, however, rely on the immense  
charity of our contributors!

Big thank you to  
OVP Settlers Green  
Christ Episcopal Church in North Conway  
Altrusa  
Lions Club  
Jackson Community Church  
Material Girls

We are so grateful to all who stopped in at our Open House on  
Giving Tuesday and dropped off Gift Cards!

We also want to thank all of our program partners and  
especially our elves Quixote Stoddard, Megan Stokes, and Janet  
Johnson, for helping us with our annual Operation Cookie Drop!





Our Amazon Wishlist makes it easy for our supporters to fill the needs at the Grace House, the Starting Point Shelter.

[Click here to view the GRACE HOUSE WISH LIST](#)



Stay Up to Date with our Dates!

January 10 from 5 to 8 pm - Intro to Volunteer Training  
30 Pleasant St. Conway.

As always please check our Facebook page or email [community@StartingPointNH.org](mailto:community@StartingPointNH.org) for updates or changes in scheduled events. We will continue to follow CDC recommendations and do our very best to keep our community safe and healthy.



Our Giving Tuesday Gift Card drive was a great success but we continue to be in need of food, gas, and department store cards. Gift cards can be dropped off at the Starting Point Advocacy Center at 30 Pleasant St. in Conway or mailed to PO Box 1972, Conway, NH 03836.

Cards help victims regain control and empower them to make choices for themselves and their children. They also are helpful tools for advocates who are able to provide emergency services in real-time as the crisis is unfolding.



A new round of volunteer training will begin on January 10 at 5 PM at the Advocacy Center in Conway at 30 Pleasant St.

This session is open to all who are interested in learning more about Starting Point in general and about

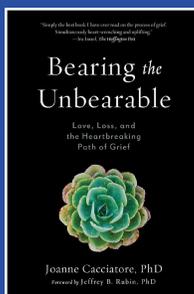
volunteering specifically.

If you are interested in volunteering, please get in touch with us for more information and an application at [community@startingpointnh.org](mailto:community@startingpointnh.org).

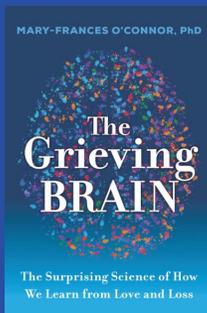
## LIBRARY CORNER:

This month we have four books to recommend. In light of recent tragic events and the immense feelings of loss that our community is dealing with, we reviewed several books on grief and narrowed them down to these four. As everyone will grieve differently, we felt it was essential to provide a variety of approaches to processing grief.

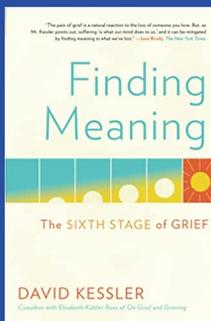
None of them are "how tos".



[Bearing the Unbearable](#) by Joanne Cacciatore, PhD addresses the "taboo" of grieving and offers a path to embracing our grief rather than a guide to *getting over it*.

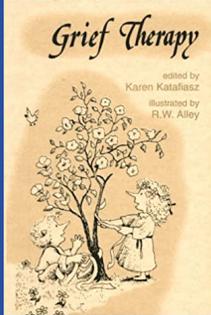


[The Grieving Brain](#) by Mary-Frances O'Connor, PhD offers an approachable way to understand how our brains process grief. Giving us tangible practices and perhaps a relief in knowing that how we cope is the hard wiring of being human.



[Finding Meaning](#) by David Kessler opens up the reader to the *Sixth Stage* of grief, finding meaning. In the search for meaning, one is not asked to dismiss or accept the loss or to discover reason but instead to search for an honoring for the life of our loved ones and a landing for our loss.

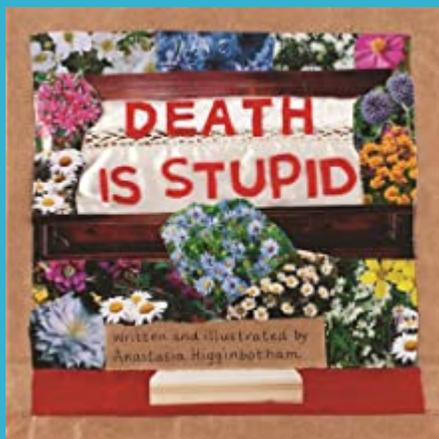
[Grief Therapy](#) edited by Karen Katafiasz is part of the Elf Self-Help series put out by Abby Press.



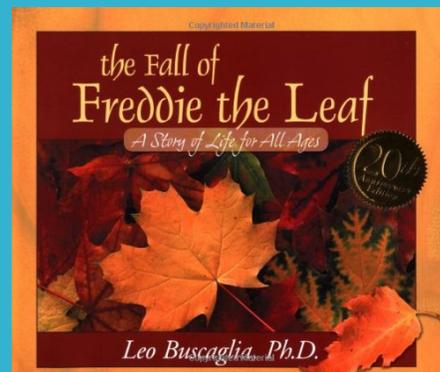
Grief Therapy was first issued a decade ago and has sold over a million copies. Like an affirmations calendar, without being the slightest bit trite, it offers meaningful suggestions, daily or otherwise, for healing.

## Children's Book Nook

Just like our adult book recommendations, it's hard to narrow in on just one. What children need most is to be able to talk openly about their feelings, books can be conversation starters.



Death is Stupid, by Anastasia Higginsbotham is a direct account of a child grieving and struggling to make sense of the normal wave of loss, a grandchild grieving a grandparent.



Freddie the Leaf, by Leo Buscaglia PhD, is a conceptual approach to the life cycle. It was first published in 1982. It offers multiple layers for conversation starters.



Don't have a child to buy books for? No worries we do! We are always happy to receive books to enhance our children's library or to distribute to children in our network. Please go to our website for our book list at:

**White Birch Books**  
to view our list and  
order online.



Starting Point now has a Venmo account!!  
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with



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