



H.U.G.S.

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HEADS UP GROUP SUPPORT

NEWSLETTER

October 2007

*"Out of suffering have emerged the strongest souls;
the most massive characters are seared with scars."*

~Kahlil Gibran

BIRTHDAY

Happy Birthday to you, Happy Birthday to you,
Happy Birthday Dear Suzanne :)

MEETING: 2nd Thursday of the Month
6:30-8:00pm at 72 Moody Court in T.O.

UPDATES

- I heard everyone enjoyed meeting the Gomez family: Sue, Bob, and Mark. Welcome:)
- I have discovered an eclectic, inspirational speaker, non-religious, energy healer woman, who could address some of the lingering post-trauma questions. Her name is Amankeda. If there is interest, we could pursue this for early 2008.
- **December Holiday Party-** I have made the executive decision to have a holiday party in December during our scheduled meeting, while keeping things simple for everyone. I know some people are very busy; we will save the potluck for next year. Everything will be provided and participants will contribute a share of cost. I will need a head count to know how many to buy for. I will bring a boom box, so bring music, jokes and some games. How about that?
- Donations in September were \$33! Thank you. We need to plan on publishing a H.U.G.S. trifold, as well as business cards. Please remember to contribute :)

11th - Artistic Expressions

Is your greeting card supply running low? Now is the time to join us for a fun evening and let your creative juices flow making 2 or 3 cards as time allows. All supplies are provided! Themes: Halloween, Thanksgiving, Holidays.

25th - Brunch at Eggs 'N' Things

Meet at 11:30am at Eggs 'N' Things in Thousand Oaks to socialize. Remember to BRING JOKES ✓
Laughter is good medicine.

CONTACT INFORMATION

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~Verónica