

Townhaller

DONATE TO TOWNHALL II

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“The purpose of our
lives is to be happy.”

-Dalai Lama-



It may seem like summer just started, but somehow, it is almost over! With a new school year beginning, children may need new school supplies to bring with them on their first day. Before school begins again, make sure you take advantage of Ohio’s Annual Sales Tax Holiday from Tuesday, July 30th - Thursday, August 8th. Customers in Ohio can buy certain items without any sales tax being added. Click [here](#) for more information.

OhioMeansJobs is holding a back to school Health & Wellness Fair on Tuesday, August 6th from 4pm-6:30pm at 253 S. Chestnut Street in Ravenna. They have free school supplies, resources, activities, food, games, and prizes.

Many school districts also have back to school bashes where students can see the schools, teachers, and pick up some free school supplies!

Brimfield Elementary

August 27th, 4:30pm-6pm @ Brimfield Elementary

Suffield Elementary

August 27th, 5pm-6:30pm @ Suffield Elementary

Crestwood Local Schools

August 17th, 5pm-7pm @ Jack Lambert Stadium

Holden Elementary

August 18th, 10am-3pm @ Holden Elementary

Ravenna School District

August 6th, 5pm-7pm @ Ravenna High School

Rootstown Clothing Closet

August 1st & 2nd, 5pm-7:30pm @ Rootstown Elementary

Our New Helpline Volunteers

The Townhall II Helpline is pleased to welcome four new volunteers to our phone room! The volunteers have completed over 40 hours of training, plus an additional 20 hours of observation in the phone room. Volunteers fulfill either a 100 or 200 hour commitment after completing training and perform many of the same duties as our paid crisis intervention specialists, such as answering our five different contract lines, the Helpline, and 988 lines.

What does a typical day look like for volunteer training? The first part of a training day is spent doing activities and having discussions surrounding a certain topic. We cover mental health, grief/loss, suicide intervention, domestic violence, and many more topics throughout the 40-hour training. For some sessions, we have presenters from the community join us to give a lecture about their specialty area. Presenters from Kelly's Grief Center, Safer Futures, the Portage County Health Department, as well as Townhall II's own prevention, VOCA, and counseling department have been guest speakers during volunteer training.

The second part of a training day is focused on roleplays of a selected topic. The Helpline uses the Interpersonal Process Recall model, founded by Normal Kagan in 1980, to structure our roleplays. The trainees will take on the role of either a caller or the listener and roleplay a call that the Helpline may receive. A trainer then processes the recorded roleplay with the trainees, focusing on thoughts, feelings, and reactions.

The Helpline is very excited to have our volunteers in the phone room after their hard work and dedication to the training program. Welcome Adriana, Julia, Emily, and Trinity!

If you are interested in volunteering, please click [here](#) for the Fall Training Schedule and Application. Applications close on September 9th.

Trainings will be held on Mondays from September 30th-December 2nd, from 5pm-8pm.

**For questions, please contact
Rebekah at
rebekahs@townhall2.com.**



(Left to Right): **Adriana Hines, Julia Hirsch, Emily Karle, and Trinity Civay**

HAPPENINGS OF THE MONTH

2ND

National Coloring Book Day

National Coloring Book Day began in 2015, and was introduced to bring awareness to the benefits of coloring, for adults and children alike. Coloring can help reduce stress and anxiety levels, may reduce heart rate, and can improve cognitive function as well.

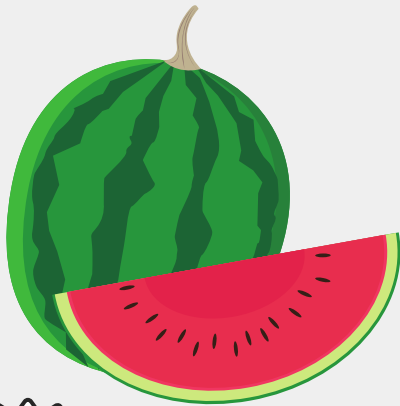


3RD

National Watermelon Day

Here are some fun facts about watermelon!:

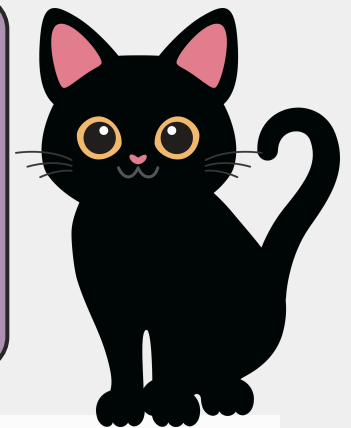
- They can come in many colors, including red, yellow, pink, orange, and white.
- Watermelons are 92% water.
- Watermelons are technically a fruit **and** a vegetable!



17TH

National Black Cat Appreciation Day

Some superstitious folks may be afraid of black cats crossing their paths, but black cats are just as sweet and loveable as any other feline friend! If you are already looking to adopt a cat, please give a black cat a chance; they are less likely to be adopted simply because of their fur color.



August Events

For more information, contact us at 330-678-3006 or email us at info@townhall2.com.



• **Group to Grow**

- August 7th, 14th, 21st, & 28th from 6:00-7:30PM.
- 161 E. Main Street, Ravenna, OH 44266

• **Mothers in Recovery**

- August 5th & 19th from 6:00-7:30PM.
- 161 E. Main Street, Ravenna, OH 44266

Employee Spotlight

Angelia Nicolardi



Start Date: April 19th, 2023

Current Title: Crisis Intervention Specialist

Previous Job Titles at Townhall II: Volunteer Victim Advocate

Background: "I graduated from Kent State University in 2022 with my bachelor's degree in Psychology & Criminology and Justice Studies. After graduation, I did Townhall II's VOCA Volunteer training and then applied for a position with the Helpline. Volunteering with VOCA was one of the best decisions I've ever made, and taught me so much that carried over to the job I have now!"

Fun fact about Angelia: Ed Sheeran is Angelia's favorite artist and she has been to 5 of his concerts; her first was in 2014. ❤️

Angelia's Favorite Quote: Stars cannot shine without darkness.

Staff Shout Out!

Shout out to Rebekah S.! Rebekah is our Helpline Training Coordinator at Townhall II. She has been working so hard on our Helpline Volunteer training curriculum and it certainly shows. She is incredibly helpful, while also being patient and kind. She never pushes our volunteers or crisis intervention specialists, and instead encourages them to learn at their own pace and implement things when they feel comfortable.

Thank you, Rebekah!

Staff Anniversaries



1 Year:

Tiffany Baldwin
Mamie Sawyer Brewer
Katie Mathews
Kevin Brosien
Shian Trego

3 Years:

Valerie Browning
Cheyenne Sims



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