

02

INTRODUCTION ISSUE
THIS WEEK AT CMRS
MAY 14, 2020



Community Mediation & Restorative Services, Inc.

THIS WEEK AT CMRS

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THIS ISSUE

Housing Resources for Families
Self Care in the time of Covid-19
Ways to Reconnect
Trainings

HOW CAN I HELP?

We need volunteers to help with the following:

Housing Mediations

Zoom Mediations/
Restorative Conferences
(We will train you!)

Development Committee

Contact Mia at
services@cmrsmn.org to
find out how you can be of
service to your community

SERVICES

Our on call staff are
excited to connect you to
community members and
resources!

Call us at 763-561-0033

Email us at:
referrals@cmrsmn.org

HOUSING RESOURCES FOR FAMILIES FACING EVICTION

Are you or someone you know facing challenges around housing. If you have questions regarding forbearance, mortgage payments, GAP funding or evictions please take the time to review the [Housing Assistance Resources](#) for Hennepin County. With one eviction moratorium about to lift on June 12, 2020 and the other set to lift on July 24 more people may have questions regarding how to proceed. The resources guide helps provide people with guidance around many possible contingencies. Are you looking to make a difference in someone's life? Continue to help fund our services through the [GiveMNCampaign](#) by texting CMRSCovid to 443-21.

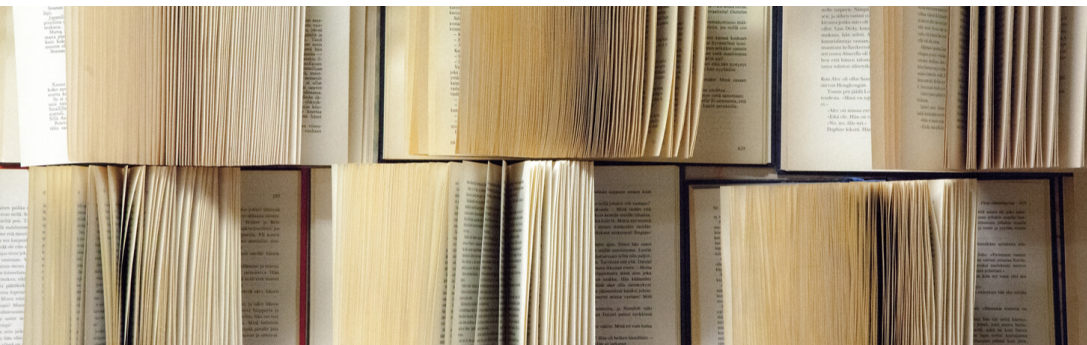
SELF CARE IN THE TIME OF COVID-19

Our experiences of the stay-at-home order in Minnesota have been so drastically different from household to household and from person to person. For some of us, it has meant a flurry of activity- life is swirling around faster than it was before with kids at home, homeschooling in session, work happening simultaneously and no personal time or space. For others, social distancing and the stay-at-home order has meant loneliness, lack of contact and missed holidays or events. Job loss coupled with financial stress and housing instability continue to plague so many. For everyone it has been and continues to be a great deal of uncertainty and a steep learning curve. Regardless of your circumstances and experience of the last few months, it has been a stressful. How are you taking care of yourself through all of this? What are you doing to destress, connect with people and continue to live life? What are you doing to connect with nature? This newsletter has some suggestions on self care as we walk through this storm together.

INTERESTED IN PREVIOUS NEWSLETTERS?

[All Previous CMRS Newsletters](#)

RECONNECT WITH CMRS



CMRS COFFEE CHAT

CMRS Coffee Chat Date: Friday, May 16, 2020 @ 2:00 - 3:30 pm

Location: Online (comfort of your own office or home)

Topic: Restorative Practices

This week of coffee chats per request we will be discussing restorative justice, what it looks like, and how it's practiced. Check out these videos and articles below! And join us on Friday at 2pm! I personally would recommend the RJ 101 by Sam, Alexis and Conner that also ties in some of CMRS' work with youth, the NY Times articles "A World Without Prisons" and "Reckoning With Violence".

[Definitions - What is RJ?](#)

[A world without prisons by Patricia Leigh Brown](#)

["Reckoning With Violence" by Michelle Alexander](#)

[RJ resources related to Covid-19](#)

[General Resource](#)

Join Zoom Meeting via computer:

<https://communitymediationmn.zoom.us/j/98340624451>

Meeting ID: 983 4062 4451

One tap mobile

+1646588656,,98340624451# US (New York)

+13126266799,,98340624451# US (Chicago)

Please contact Madeline, at vista@cmrsmn.org or 320-339-8333 .

SELF CARE- TRY VIRTUAL BASIC YOGA

Virtual Basic Yoga at Home for CMRS Mediators & Champions

Date: May 26, 2020 @ 7:00-8:00pm

Location: Online (comfort of your own office or home)

Join our Zoom gathering to breathe a little more deeply, and to try some very basic yoga (at your own risk).

CMRS, Inc. is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

[https://communitymediationmn.zoom.us/j/96095876992?](https://communitymediationmn.zoom.us/j/96095876992?pwd=eDBSZHRRCZVphSnh2TENDZ0xrdG0vQT09)

[pwd=eDBSZHRRCZVphSnh2TENDZ0xrdG0vQT09](https://communitymediationmn.zoom.us/j/96095876992?pwd=eDBSZHRRCZVphSnh2TENDZ0xrdG0vQT09)

Meeting ID: 960 9587 6992

Password: 907271

Contact Mia, at services@cmrsmn.org or 570-269-9688.

PODCAST OF THE WEEK

Oprah's [SuperSoul Conversations](#) are podcasts that provides inspiration from reknown thought leaders and ranks as one of the best "self- care" podcasts.

ARTICLE OF THE WEEK

[Spending Time Outdoors is Good for You](#)

-This summary from the Harvard Health Review details the scientific reasons why we need to get outside.

-As the weather gets nicer how can you commune with nature to destress in this challenging time?

COMMUNITY BUILDING IN SCHOOL

Are you curious about what CMRS is doing in schools during the COVID-19 crisis? Click on these links to see.

[Webinar on Restorative Practices](#)

[Schools Vlog](#)

[Schools Newsletters](#)

ONLINE TRAINING OPPORTUNITIES



ZOOM MEDIATION TRAININGS

Are you interested in learning how to use Zoom for Mediations? Or are you simply interested in learning how to use Zoom for more complex meetings? This training can help you learn how to navigate Zoom.

We are looking to build our capacity to handle mediation online. Are you interested in learning more about how to do that too? Join us for a learning session on Zoom.

Date: Tuesdays May 19, 26, 2020 from 12pm-1pm
Location: Online (comfort of your own office or home)
Cost: Free for CMRS Mediators/ \$50 for others
Class Size: Limited to 6 per class

[Click Here to Sign Up](#) or Go to the Trainings page on the CMRS website.

Questions: Contact Mia at services@cmrsmn.org for this training- Space is limited per session.

HOUSING MEDIATORS QUESTIONS & ANSWERS

Join us for an update on housing issues. We are in need of some more housing mediators. If you are interested in joining us then this will help to answer any questions you may have!

Topic: Updates on Housing /Q & A
Led by: Beth Bailey
Time: Tuesdays at 3:00pm
[Join Zoom Meeting By Clicking Here](#)

Meeting ID: 967 7207 4839
Password: 702726

CIRCLE CONVERSATION FOR FAMILIES

Take couple deep inhales, hold it, 1.....2.....3..... and exhale. Do a couple more times to really ground yourself.

Opening: How it going? Describe how your days going so far?

How would you define gratitude? What does it look like? What does it feel like? How do you show gratitude? What is something you are grateful for? Who is someone you are grateful for? What's your favorite activity to do in the spring? What are you most looking forward to in the summer?

Closing: Turn to the person on your right and tell them I'm grateful that you are here today

YOGA AND BREATHING

Take some time for self-care and try some breathing and yoga.

[Ten Minutes of Yoga](#)