

*Mrs. Diane Burrell,
survivor and current volunteer*

On July 10, 2003, a life-altering and faith-affirming experience like no other, touched my life. I received a phone call that no parent wants to ever receive - my child had been murdered. My eldest son, Andrew Donnell Burrell, had been found dead. The news sent me into a state of shock; it was a living nightmare. Since that day, my life has never been the same. Although time gave me limited clarity, I faced another nightmare in 2005 when I lost my home and my job to Hurricane Katrina.

My best friend of 31 years, Barbara Williams-Carter, introduced me to Joyce

Raynor and the Center for Healing Hearts & Spirits. They entered my life at a time when I had given up all hope for living. The Center's mission and Ms. Raynor's patience, calming smile and great faith were exactly what I needed during the most challenging period of my life. With the Center's help, I found a way to change my negative thoughts into positive ones and decided to volunteer at the Center. Because of the Center's help, I now have the strength, power, ability and desire to help others through their hard times. I will always be grateful for the loving guidance and assistance that I received and continue to receive from Ms. Raynor and the Center. They are outstanding.

*"...I now have the
strength, power, ability
and desire..."*

VICTIMS Services Program

We assist crime victims and their affected families to improve the quality of victim's services delivery in high-crime, urban and rural areas of Pulaski County. For more information, contact the Center for Healing Hearts and Spirits at 501-370-4TLC (4852).

hopeII



*"We Connect People To Services
That Affect Their Hearts, Minds,
Souls and Bodies."*

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Success Story



I am thankful for the support, encouragement and leadership opportunities that the **Center for Healing Hearts and Spirits'** staff has given to me over the past few years. Although my work with them allowed me to observe their efforts "to promote and nurture individuals in the areas of education, economic and community development and leadership," I became a direct recipient of their services in August 2004 when the **Center** sponsored my participation in Leadership Greater Little Rock (LGLR). LGLR, a program of the Little Rock Regional Chamber of Commerce, was designed to "develop a network of skilled leaders...by training and informing participants on a wide array of local public policy issues and concerns." Participation in this program broadened not only my knowledge of Little Rock, but also various aspects of my professional life. The **Center's** sponsorship made it all possible; without it, I would not have been able to participate in this program. The **Center for Healing Hearts and Spirits** has significantly impacted my life. This wonderful support system has unselfishly given its time, talents, skills, knowledge and resources to help me succeed.

Tamika Silverman Edwards

Community Affairs Specialist

Office of U. S. Senator Blanche Lincoln

Calendar of Events

For additional information on these events, contact us at 372-3800.

"Woman Thou Art Worthy" Conference

October 14, 2006
8:30 a.m. – 1:15 p.m.
Junior League of LR Woman's City Club

That's What Up! Sex, Lies, Violence, Drugs & The Truth About It All" Teen Conference

Saturday, November 4, 2006
Dunbar Community Center
8:30 a.m. – 1:30 p.m.

Holiday Baskets Donation Pick-up and Delivery

Wednesday, November 16, 2006
Thursday, December 14, 2006
8:30 a.m. – 4:30 p.m.
Center for Healing Hearts and Spirits

Tis the Season to Be Healthy, Wealthy & Wise Holiday Forum

December 15, 2006
8:00 a.m. – 12:00 noon
Center for Healing Hearts & Spirits

Smoke-free Home for the Holidays

Area Churches
December 15, 2006 – January 2, 2007

"For Me and My House" Back to School Drive

Area Schools
Entire Month on January 2007

An Evening to Heal A Heart

February 16, 2007
7:00 p.m. – 9:30 p.m.
Junior League of LR Woman's City Club



An Evening to Heal a Heart

FUNDRAISING RECEPTION AND SILENT AUCTION

Friday, February 16, 2007

6:00 p.m. 'til 8:30 p.m.

Venue: To Be Announced

February is American Heart Month, and love will be in the air! So, too, will be another opportunity to heal the hearts of victims, survivors, and families affected by violent crime and terminal illness. The Center for Healing Hearts & Spirits connects people to services that affect their hearts, minds, souls and bodies. The month that we observe Valentine's Day, the Center will celebrate the heart by connecting you to culinary delights, soulful sounds, and wonderful gifts sure to please and sure to help us continue to heal the hearts of many. We invite you to come and be our special guest for the evening. Admission is \$40 per person, so bring your sweetheart, guest or co-worker out for *An Evening to Heal a Heart*.



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This holiday, there is an empty chair at the dinner table. This holiday, there are fewer presents to wrap. And, this holiday, there is one less cheek to kiss. Families all over the Greater Little Rock area continue to suffer loss this year as victims of violent crimes.

When you are the victim, where do you turn? How do you find the strength to go on? There is a place where these families can find hope. The Center for Healing Hearts & Spirits (CHHS) has been helping families since 2001. Here families have access to referral services that help them prepare funeral arrangements, transition through grief, strengthen their faith, and help to start the healing process.

Not only does CHHS help after the violent crimes were committed, but CHHS also works hard to reduce the occurrence of violent crimes by educating our youth about its devastating effects on our society.

A HELPING HAND IN A TIME OF CRISIS.



Giving Back to the Community...



ANNUAL BACK TO SCHOOL DRIVE



"FOR ME AND MY HOUSE"
Tobacco-Free Campaign
at Harmony Grove



ANNUAL TOY DISTRIBUTION

Yes, I want to help this Holiday Season!

Amount: ☐ \$25 ☐ \$50 ☐ \$75 ☐ \$100 ☐ Other _____
☐ I would like to donate the following items for the food baskets:

NAME _____
ADDRESS _____
CITY / STATE / ZIP _____
PHONE NUMBER _____ E-MAIL ADDRESS _____

Center for Healing Hearts & Spirits
2416 South Chester
Little Rock, AR 72206

Please mail this completed form and return it with your Holiday donation. Your donation is tax-deductible as allowed by law. You will receive a receipt. Thank you.



Director's Note

The Center for Healing Hearts and Spirits has been working with its many partners over the past five years to deliver critical services to our diverse client base. We continue to assist individuals as they

transition through life's obstacles. We have been blessed and enriched by our partners and hard working volunteers who help us to ensure the success of the Center's many programs. We are currently proud of the opportunities afforded us to serve Central Arkansas and outlying counties. Unfortunately, our community needs are so great that we have not yet begun to make a dent in the work that has to be done. Black on Black crime continues to be at an all-time high. Tobacco product usage is a major problem in our community and kills more people than murder, AIDS, drug abuse, car crashes, fires and suicides combined. We realized that if we are to make significant changes in our community, we need your help! We are in need of both monetary and volunteer contributions. We are appreciative of the faith that you have placed in us to be servants in our community, and we will always work hard to deliver high quality services. We want to hear from you. Please give us your feedback on our program services by emailing us at hhscenter@sbcglobal.net. We can all make Greater Little Rock a better place to work, live, and play.

Joyce M. Raynor
Joyce M. Raynor, Executive Director

Message from the Board of Directors

"Ask not what your country can do for you; ask what you can do for your country." That simple, yet effective phrase coined by former President John F. Kennedy speaks volumes about the importance of public service and giving back to your community. As the holidays quickly approach, many will want to give back to their community by making monetary contributions to non-profit organizations, adopting families in need, volunteering at local soup kitchen, and much more. During the past few years, our loyal supporters have enabled us to sponsor several families at Thanksgiving and Christmas. We are thankful that their generosity is evident not only during the holidays, but also year-round.

The Center's mission embodies giving and service. As a board member, I want to do all that I can to uphold these principles, and this holiday season, I challenge you to do the same. Whether it is donating funds to a non-profit organization, delivering meals to the elderly, mentoring a troubled student, or volunteering at a local hospital, find a place to give back to your community and to serve someone in need. Regardless of your focus, make giving and serving your priority. Albert Einstein said it best, "It is every man's obligation to put back into the world at least the equivalent of what he takes out of it."

LaShannon Spencer,
Vice President of the Board of Directors



Mrs. Redious Yancy,
survivor and active volunteer

Volunteers Make a Difference

Know anyone ready to make a difference in your community? You can be just that someone. Become a volunteer. That is what Mrs. Redious Yancy did. She volunteers 10 hours a week at the Center for Healing Hearts and Spirits. Although Mrs. Yancy works full-time, she arrives daily at the Center daily to volunteer an additional two hours to ensure that the Pulaski County residents are linked to needed services. She has turned her personal tragedies [loss of 3 children] to volunteerism by assisting others who have been affected by violence and terminal illnesses. Don't just sit there. Be a Volunteer.

Teach and they will prosper ...

My name is Kim Brown and I am a senior at McClellan High School. This past summer, I worked as an intern at the Center for Healing Hearts and Spirits.

I learned many skills at the Center such as mail merging, typing and using a computer. My daily responsibilities included checking inventory, preparing mail, and helping with the website. Some of my favorite duties were answering the phone, helping with the informational booths and giving out helpful information to the community. I love seeing the community doing so well.

Although I did not enjoy working on mail merges or typing information into databases, I am glad that Ms. Raynor took the time to teach me something that I did not know. If people are willing to teach me skills that will help improve my future, I am willing to learn them. Ms. Raynor taught me a lot of things that I would have not learned anywhere else; I admire her a lot.

Ms. Raynor, thank you for giving me the opportunity to work for the Center this summer. I will never forget this wonderful experience.



Kimberly Brown



Executive Director, Joyce Raynor presenting a Pizza Party certificate to Harmony Grove's school principal for the 3rd Grade winner of the smoke-free ("For Me and My House") campaign.



EACH ONE - REACH ONE - TEACH ONE
Tami Reed of Family Services Agency presents during Career Day at J.A. Fair High School on the ills of Tobacco Products and the importance of a college education.

From the family of Jerry French ...



On May 12, 2006, we suffered tragic loss. Our brother, Jerry French, was robbed and murdered in his home in South Arkansas. Our cousins, who work closely with an organization (the Center for Healing Hearts and Spirits) that works with victims of violent crimes, contacted the

organization on behalf of our family.

Our cousin, Maurice, met with the Center's executive director, Joyce Raynor. She helped us fill out the necessary paperwork to get reimbursed for Jerry's funeral costs as well as costs associated with the crime scene. Ms. Raynor did more than just fill out the paperwork; she stayed in contact with us several times to see how we were doing and the progress of my brother's case. She also offered to go to court with us.

No one ever knows if he or she will ever need this type of service, but our family is grateful that it was available to us.

The family of Jerry French
Brothers - Jimmy, Louisiana
Clyde, California
Moses Jr. & Vernon, Phoenix, AZ

Make Your Home a Smoke-free Home for the Holidays



Tobacco is the #1 most preventable cause of death in the United States. Yet, everyday more than 1,200 people die from tobacco. In an effort to decrease these startling statistics, the Center for Healing Hearts & Spirits (CHHS) will conduct a holiday smoke-free homes awareness campaign, "For Me and My House."

During this holiday campaign, tobacco prevention specialists will visit local churches to ask them to participate in the smoke-free homes pledge drive.

For more than four years, CHHS has used this wonderful program statewide to encourage people to stop smoking. The holiday season provides a great opportunity for the Center to promote the smoke-free homes campaign because it allows local residents to send a positive and healthy message to their family and friends.

Everyone should enjoy this holiday season without having to be distracted by secondhand smoke from another person's cigarette. The decision to make your home a smoke-free environment will make a long impact on your children, family, and peers.

For more information about how your organization can participate in this holiday campaign, please contact Joyce Raynor at 501-375-HEAL (4325).



STAMP OUT SMOKING
ARKANSAS DEPARTMENT
OF HEALTH AND HUMAN SERVICES
stampoutsmoking.com

Call it quits
1-866-NOW-QUIT

I AM MY BROTHERS KEEPER 2006 HOLIDAY FOOD DRIVE



With your help, the Center will provide area families with healthy meals during the holidays, \$70, will fill this basket and feed a family of 4 for a week with items such as:

2 bags of stuffing	\$5	1 - 8lb ham	\$12
6 cans of corn	\$2	3 loaves of bread	\$5
6 cans of green beans	\$2	2 gallons of milk	\$6
bananas & apples	\$6	1 - 10lb turkey	\$12
2 whole fryers	\$6	4 lbs of yams	\$3
3 dozen eggs	\$3		