

The Helping Hand e-news

A quarterly publication of HelpLine of Delaware and
Morrow Counties, Inc.

JANUARY 2011



HelpLine

Of Delaware and Morrow Counties, Inc.



In This Issue

We're changing...

We hope you had a safe and happy holiday season! Helpline of Delaware and Morrow Counties, Inc. is moving to a quarterly schedule for the e-Newsletter. In an effort to respect your time and inbox we are moving to this modified schedule. 2011 e-Newsletter Schedule:

- March 2011 | Spring Edition
- June 2011 | Summer Edition
- September 2011 | Fall Edition
- December 2011 | Winter Edition

Visit us online for up to the minute news and events:

www.helplinedelmor.org | [facebook](#) | [Twitter](#) | [YouTube](#)

Upcoming Training & Events

Stalking 101: An Introduction to Stalking and Related Interventions

January 25, 2010 - 9:00 a.m. to 12:15 p.m.

[Email to register](#)

For a full list of Connections training opportunities, visit:

[Connections 2011 Training Schedule](#)

Helpline Volunteer Training

February 19, 20, 22, 24

[Email to get involved](#)

RAD Self-Defense Classes

February 7, 14, 21, 28 - 60in

[Email for more information](#)

Giving to HelpLine Just Got Easier!

Kroger has recently announced the re-enrollment process for

About HelpLine

HelpLine of Delaware and Morrow Counties, Inc. is the local 24-hour support, information and referral line for Delaware and Morrow counties. A private, nonprofit founded in 1970, HelpLine facilitates the recovery and stability of the emotional, financial and information needs of the community through prevention education and training, mental health advocacy, and volunteer opportunities. A contract agency of the Delaware Morrow Mental Health & Recovery Services, HelpLine is a member of the United Ways of Delaware and Morrow counties and partially funded by the Council for Older Adults. Equal Opportunity Employer/Provider.

Visit the HelpLine [web site](#) for more information.

Have a story idea? [E-mail us](#) with your ideas for future e-news stories.

24-hour Support and Information line:

211 or 1.800.684.2324

Call 2-1-1 Today!



Have you ever wondered how to find help or a community service for yourself or someone in need?

What if you could remember the number of every social service agency

their Community Rewards Program - the fundraising program that rewards your designated charity every time you use your Kroger Plus Card.

All continuing and first time participants must re-enroll each year at Kroger Community Rewards and every time you shop at Kroger, you will raise funds for HelpLine without any additional spending required -- it's that simple!

To enroll or re-enroll, visit www.krogercommunityrewards.com For information click [here](#) or call 740.363.1835 for more information.

HelpLine Works

Empowering people with knowledge, support and resources

Helpline Consumers share how HelpLine Works in their lives and the community.

"Our family shouts out HelpLine's praises from the roof tops. They have been **invaluable** to us. Thank you just doesn't sum up how we feel." - Helpline Delaware Consumer, Sexual Assault Co-Survivor

Join Our Mailing List!

in your community?

Now you can! It's 2-1-1.

GoodSearch for HelpLine!



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