

## NEWSLETTER by PEERS for PEERS



February Edition

**February**, the shortest month, is one of the busiest. *Black History Month* is observed. This gives special awareness of African American contributions to the nation and world throughout history. Understanding more about past important events and individuals helps to give context for the present. During February, many organizations, businesses and media take the opportunity to go beyond stories of racism and highlight Black achievement. We can all learn and celebrate – about history, culture, our connections and ourselves.

**February 14, Valentine's Day**–I found love later in life; the bigger testimony is that I found that I could love again. I can love YOU, my husband and myself. I can feel, not numb out. I can be vulnerable and emotional when I am on a healthy road of recovery. I read *that consumers spent \$21 billion on Valentine cards/gifts for partners, friends, pets and more*. Such expressions may be the only way many can share love, that desire or willingness to connect with others. The TARGET Health course materials remind us, *"Positive connections to others improves our self esteem and all areas of our wellbeing."* So, after being locked down for a year with the pandemic, the best thing about this February is that we are able to connect in person and that makes us healthier and happier.

Whether you think of Black History month, or Valentines this February, let us strive to show extra kindness and appreciation to everyone. I was told LOVE is a verb–an action word. I am going to practice some action– and not only now but on into March, April, May...

**LOVE LOVE LOVE LOVE LOVE LOVE LOVE LOVE LOVE LOVE**

**February 25- PEER “Lunch & Learn” Presentation: *Relationships***  
**During *Dating Violence Awareness Week*** , Amanda White, a Peer, will present about her work in Domestic Violence, and Relationships. She will comment on all types: good and bad, those with family, friends, romantic, and ourselves.

*"Genuine relationships depend first on a healthy relationship with ourselves."*

**Steps to Create a Healthy Relationship : (from the TARGET Health materials)**

- Respect for boundaries – Each partner honors the boundaries set by the other.
- Individuality/Independence – Each continues to have outside friends/ interests.
- Honesty and trust – Each partner is honest and trusts the other to be honest.
- Compromise – Neither partner insists on having their own way all the time.
- Strong communication – Both partners communicate their needs openly and with respect. Neither partner expects mind-reading.
- Controlled anger – Neither partner uses anger as an excuse to be disrespectful or abusive. Anger is a normal emotion, but each partner is responsible for controlling themselves.
- Fair fighting – When arguing, both partners focus on the current topic without bringing up the past and neither partner engages in name calling or other abusive

language.

**Join the LAMHA Team!**

**CPSS Project Case Manager position**

available. This will be a shared position w/ Capital Area Human Services. Send your questions or a request for more information to Lisa. [Istgermain@louisianamha.org](mailto:Istgermain@louisianamha.org).

**TARGET Health Facilitator**- Adult or Youth, openings. There is a **\$500 stipend** for facilitating a 10-wk course, if certain criteria are met.

**If YOU are or know a Peer who may be interested, please contact us.**

**Peer "Lunch & Learn" is Friday,**

**February 25.**

***Link HERE to the Zoom meeting.***

***If you are want to present or for additional information, questions or comments on anything in this newsletter, reach out to:***

*Laura Lanier, CPSS*

*[llanier@louisianamha.org](mailto:llanier@louisianamha.org)*

