

### ❖ Give Time

- ❖ The Harrisonburg-Rockingham Salvation Army needs 5-7 Volunteers to travel to D.C. with Salvation Army Officials on Tuesday, September 18<sup>th</sup>. Call Christine Hedrick at 434-4854.

### ❖ Give Food, Clothes

- ❖ Salvation Army needs:  
Non-perishable Foods that can be eaten by hand, coffee and hot chocolate singles, new blankets, new adult socks, personal care items, foot powder, batteries, medical supplies duct and packing tape. Drop these items off at any local Burger King or Salvation Army thrift store.

### If You Need Help

#### On JMU's Campus

- ❖ JMU Campus Ministries  
Contact Fr. John Grace (434-7360)  
Coordinator of Interfaith Campus Ministries.
- ❖ JMU Counseling and Student Development Center, 568-6552, Varner House Daytime crisis Hours: M-F 9-11 and 2-4 After hours crisis contact: 568-6913.
- ❖ CSDC counselors will be available in Taylor 200 Wednesday – Friday, 11:00 am – 1:00 pm and 2:00 – 4:00 pm.
- ❖ Learn Coping Skills in a pamphlet called “Reactions to the Crisis” distributed by JMU’s Counseling and Psychological Services. The free brochure is available at the Human Development Center in

Roop Hall G-30 and at sights around the Harrisonburg community. It includes advice on talking to children about the recent terrorist attacks. Call 568-6484.

#### In the Harrisonburg Community

- ❖ Find family members in the affected areas by calling the Harrisonburg-Rockingham County American Red Cross at 434-8891.
- ❖ WVPT will air a special series called “Talking With Children When Disaster Strikes” throughout the week. The Series will air September 14<sup>th</sup> at 7:30 p.m. and 11 p.m. and Sunday at 12:30 p.m.
- ❖ RMH Center for Behavioral Health, 564-5960.
- ❖ Harrisonburg/Rockingham County Community Services Board, 434-1941.

You can make a difference in these painful times. Come and work with others in learning how you can offer emotional support to those who have been affected by the recent horrific events. **Contact Lennie Echterling at [echterlg@jmu.edu](mailto:echterlg@jmu.edu) or 540-568-6522**

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## Strengthening and supporting our community by



## MAKING A DIFFERENCE

School of Psychology  
James Madison University

## **Making a Difference**

Making a Difference is a newly formed volunteer organization of JMU faculty and students from the School of Psychology. It is designed to complement the efforts of the JMU Counseling and Student Development Center and other services on campus. Furthermore, it is based on the fundamental belief that the members of the JMU community are resilient, caring, and motivated. They are survivors--not hopeless victims.

### **Goals**

- ❖ To link with individuals and groups in the JMU community who are dealing with this crisis.
- ❖ To listen as people in the community share their stories.
- ❖ To offer support and information.
- ❖ To help people explore how they can use their strengths and resources to make a difference.

## **Campaign Activities**

- ❖ Compiling and updating information about the opportunities for responding to the needs of survivors. We will share this information through word of mouth, handouts, brochures, posters, emails, websites, and the media.

- ❖ Responding to those who telephone, email, or stop by the office to explore how they can make a difference.
- ❖ Reaching out to individuals and groups to engage in this process of linking, listening, supporting, and exploring.

## **UNDERGRADUATE INVOLVEMENT**

- ❖ The Peer Advising Office in Johnston 113 has extended its hours to provide more opportunities for you to come by and talk about how you can make a positive difference. You can learn about some of the common reactions to terrorism. You can also learn how you can respond to others in ways that communicate that you understand and care. There are no magic words or slogans, but you can make a difference by being there for others.

## **Events**

Sunday, September 16<sup>th</sup>:

- ❖ JMU Convocation Center 4:00 pm “A Time of Caring”
- ❖ Community Interfaith Prayer Vigil Court Square 5:30 pm Sunday, September 16<sup>th</sup> Christians, Jews and Muslims of the Interfaith Association will lead the community of Harrisonburg and Rockingham County in prayer and reflection using the sacred texts of each

tradition. The purpose is to share our grief, hear the words of peace and justice of all three faiths and to call on all for compassion and peace.

- ❖ In Duke Hall there is a participatory Mural for all interested persons. Everyone is welcome to share a written or graphic representation of his or her feelings concerning this crisis.

## **How Can I Help?**

- ❖ **Give blood**
- ❖ **Give Money**
  - ❖ Elkton Elementary Students will be collecting coins through Sept 21<sup>st</sup>.
  - ❖ JMU School of Psychology is collecting spare change in Johnston Hall, Room 206.
  - ❖ American Red Cross’s Disaster Relief Fund [www.redcross.org](http://www.redcross.org)
  - ❖ Deposit donations in a temporary disaster relief account at Rockingham Heritage Bank.
  - ❖ Blue Ridge Area Food Bank does not need food right now but it does need money to transport goods to Washington and New York.
  - ❖ The United Way, Send Checks to:  
The September 11<sup>th</sup> Fund  
United Way P.O. Box 326  
Harrisonburg, VA 22803