



Connections.... a newsletter from The Springboard Group™

Your Life Transition Experts

www.LaunchingNewLives.com

(804) 381-4008

June 13, 2008

Dear [fname],

First off, a big Thank You to [Owen and Owens, PLC](#) for sponsoring our most recent workshop series. Our speakers, all Springboard providers, included: Mary Owens, Pat McAleer, Blair McIlwain, Meredith Briggs, Joe Owen, Martha Durnett, Sheri Polignone, and our own partner, Ann Deaton. Our attendees found the speakers inspiring and appreciated not only the knowledge gained but the new and rekindled connections with others.

With the conclusion of our Spring workshop series, we look forward to our fall workshop series that will be sponsored by [First Market Bank](#). Additional information on the fall workshops will be forthcoming.

On another note, we at Springboard are very excited about the future !

Recognizing the role our providers, area employers, and various community groups play when their employees, clients, or members are experiencing life transitions, we are expanding our programs to better meet those needs. During the summer, we will launch our new Springboard Membership and Group/Affiliation Programs to bring Springboard services closer and more accessible to those in need. In bringing additional value to providers, employers, and various community groups we can work together to help restore and renew the lives of those traversing a difficult transition.

As we continue to evolve, we are also refining our website, and soon you will see a new look when you log into www.LaunchingNewLives.com ! It will be easier to navigate, register for classes, download articles, and communicate with a community-wide blog !

Stay tuned !

We are here to help !

Ann, Greg, & Janice
Your Springboard Partners

What's New...?

- We welcome our newest ***Springboard Simplifies™*** sponsor HOCOA (Home Owners Clubs of America) of Richmond. HOCOA's mission to provide pre-screened, highly qualified home maintenance services integrates beautifully with Springboard's goal of simplifying the daily life for those assuming new home-related roles and responsibilities. A Springboard membership will now include HOCOA membership and provide access to their full range of home-related services. For additional information on HOCOA, please visit their [website](#). Please join us in welcoming HOCOA to our network of services that enrich and simplify lives!
- The last workshop of our recent series focused on how to create the next chapter of your life. Pat McAleer, a network provider, and Springboard's own Ann Deaton, Ph.D., provided the guidance and tools for making your dreams your reality. As a fitting and inspiring conclusion to the workshop, Sheri Polignone, owner of [Rituals Salon-Spa](#), shared her personal and courageous story of how she and she husband, Pete, "risked it all" and followed their dream to establish Rituals!

Did You Know ... ?

- You can now find Springboard workshops and teleclass information on the Discover Richmond events calendar ([click here to access](#)). If you would like to see Springboard events published elsewhere, please send a suggestion to info@launchingnewlives.com!
- [The National Association of School Psychologists](#) has published "[Helping Children Cope with Loss, Death, and Grief - Tips for Teachers and Parents](#)". Their website has many articles on helping children with grief, death, divorce, etc.

Upcoming Events ...

- As part of the new initiative for surviving military spouses, "***Launching New Lives Assistance Program***", the Springboard Group will be presenting to the local chapter of the Military Officers Association of America (MOAA) at its July luncheon. In addition, Springboard will also be sharing their program with Colonel Ana Smythe, Director of MOAA benefits nationwide.
- Our Fall, 2008 workshop series, sponsored by [First Market Bank](#) will focus on recognizing, restoring, and renewing lives in difficult transition. The specific topics and schedule will be posted on our website and in the coming months' newsletter.

Focus on Community Resources...

The Community Foundation Serving Richmond and Central Virginia is a tax exempt public charity that helps people accomplish their philanthropic goals through a named charitable fund. As one of the largest grant makers in Virginia, The Community Foundation provides effective stewardship of philanthropic assets entrusted to its care by donors who wish to enhance the quality of community life in a wide variety of interests. For additional information, please visit their website at www.cfrichmond.org or call (804) 330-7400.

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