



# Monthly Newsletter

CASA



August 2025

## CASA Event Update For the Month of August

- CASA hosts a community partners meeting every 3<sup>rd</sup> Wednesday of each month. For more information, email Shelby at [sholmberg@casafll.org](mailto:sholmberg@casafll.org).
- CASA is currently hiring for a prevention advocate. You can find the position listed on Indeed.
- CASA attended the week-long Camp Rise event in the month of July.
- CASA attended the Joy and Praise back-to-school bash. on 7/26/25.
- CASA will attend the Langley Back-to-School event on 8/2/25.
- CASA will attend the Liberty Park back-to-school event on 8/7/25.
- CASA will attend Jessie's Place SOAR event on 8/23/25.
- CASA is accepting donations for the upcoming yard sale. Please get in touch with Shelby if you have any questions. 352.344.8111 or [sholmberg@casafll.org](mailto:sholmberg@casafll.org)

## Community Happenings For the Month of August

- August 1- Chair Yoga with Nora. Friends of Citrus and the Nature Coast 10:30 am.
- August 2- 5<sup>th</sup> Seasonal Women's Fishing Workshop. Central Ridge Community Center, 9 am.
- August 2- Free Kid's Crafternoon. Old Courthouse Heritage Museum, 1 pm.
- August 4- Grief Study Group. Friends of Citrus and the Nature Coast, 1:30 pm.
- August 8- Too Broke For Sturgis Bike Rally- Homosassa.
- August 14- Kennadee Acoustic at Backwater Fins 6-9 pm.

## CASA Yard Sale

The next yard sale will be held on August 9<sup>th</sup> from 9am till 1pm.

NEW LOCATION- The yard sale will be held at 1100 Turner Camp Rd Inverness, FL 34453 in the conferences room.



## Mindful Memo

*When we begin practicing paying attention to the activity of our own mind, it is common to discover and to be surprised by the fact that we are constantly generating judgments about our experience.*

Kabat-Zinn

## DV Fact of The Month

**Women ages 18 to 24 and 25 to 34 generally experience the highest rates of intimate partner violence.**

## Community Partner Spotlight

Erik's Place is a peer-run respite home tailored specifically to individuals navigating the challenges of substance use disorder. We provide a free, safe, supportive, and non-judgmental environment where participants can take a short break (3-14 days) from the chaos of addiction and begin building a foundation for long-term recovery. What sets Erik's Place apart is our focus on peer connection and recovery-oriented support. Guests receive one-on-one guidance from trained peer specialists with lived experience, helping them feel understood, empowered, and hopeful. While at Erik's Place, we assist participants in coordinating next steps in their recovery journey from connecting with treatment options and securing sober living to making sure they're fully wrapped in services that promote lasting success.

Whether someone is seeking stabilization after a recent overdose, relapse, leaving treatment, or entering early recovery, Erik's Place offers compassionate care, accountability, and a plan forward. For more information or to make a referral, contact us at 352-503-0071 or visit [www.zerohourlifecenter.org/respite](http://www.zerohourlifecenter.org/respite)