

LOVE FOR VB

MAY REMEMBRANCE ACTIVITIES & SPECIAL PROGRAMMING

YEAR FIVE SITE DEDICATION CEREMONY

Friday , May 31 | 4:00 PM

Site of Permanent Memorial, 2508 Princess Anne Rd.

A ceremony will be held to remember those we lost, to lift up survivors and those still healing. On this milestone year of remembrance, we will dedicate the site of the future 5/31 memorial. The event will include a moment of silence, reading of names and musical quartet by Symphonicity. Attendees are invited to share memories, thoughts and sentiments on biodegradable paper to be buried on site. This in-person ceremony will also be live-streamed on virginiabeach.gov and the City's Facebook page.

SHOW "LOVE FOR VB" AROUND TOWN

Throughout the Month of May

Facebook Frames and Color Sheets: LoveForVB.com

Our forget-me-not flower will be painted at Mt. Trashmore. Flags with the Love For VB flower will be flown at more than 30 locations citywide and City facilities will light up blue in remembrance.

Here are a few ways you can remember in your own way and show your "Love For VB"

- Wear BLUE on May 31 in remembrance
- Turn your porch lights blue
- Display the flower and your art through one of the coloring sheets
- Show your love on social media with a Facebook frame

A MOMENT OF SILENCE

Friday, May 31 | 4:06 PM

Observe a moment of silence on May 31st at 4:06 p.m., the time when the first 911 call was received. You may join us at the future site of the permanent memorial (near Building 30) or please pause wherever you may be at that time for your own moment of reflection and remembrance.

VBPL RESILIENCY PROGRAMMING

Multiple Dates & Times

For More Info: vbpl.librarymarket.com

Virginia Beach Public Libraries are hosting relaxing programs in the month of May so you can unwind, recharge and shed some of that school stress. Come tap into your artistic side and hang out with friends all month long with dance and sound classes. You can also unlock your creativity by joining the Tiny Art Show. Pick up a canvas from your local library, create your masterpiece, and then return it so it can be part of the show at Central Library. Attend the Tiny Art Show opening night to see all the artwork others have created.

- Drumming Fundamentals Workshop
- A Sound Mind: Exploring the Impact of Music on Mental Health
- Hip Hop Dance Workshop
- Tiny Art Show
- Teen Paint Night
- Homeschool Hangout
- Teen Dance Fitness

FITNESS & DANCE CLASSES

Multiple Dates & Times

Mt. Trashmore & Williams Farm Park

Physical activity is beneficial to improving health and reducing symptoms of stress related to trauma.

Throughout the month of May, utilize your Rec Membership and participate in a high intensity workout class like Turbo Kick & Cardio HITT, or slow things down with Yoga and Tai Chi! Get your heart pumping and body moving by joining the FREE Dance Bash Spring Series at Mt. Trashmore or a FitLot class at Williams Farm, offered for all ages and abilities. Be sure to register at Virginia Beach Parks & Recreation Fitness and Wellness!

DHS MENTAL HEALTH AWARENESS

Multiple Dates & Times

For More Information: (757) 385-0803

The Virginia Beach Department of Human Services offers classes throughout the month of May to address:

- Mental Health Resource Distribution
- Art, Music, & Awareness Event
- SafeTALK: Suicide Prevention | REVIVE: Opioid Overdose
- Help Me Understand: Mental Health for Family & Youth

VB STRONG CENTER

Multiple Dates & Times

For More Information: thevbstrongcenter.org or (757) 507-7200

During the week of May 27th, the Virginia Beach Strong Center is offering various wellness activities and events. Join in with Stars of HOPE to create your own symbol of resilience through artistic expression, find purpose in movement with the Stretch Lab, or attend the Lunch and Learn with a licensed dietitian to discuss the link between food and mental wellness.

Events are offered in-person and require registration. Visit VBSC website for event registration.

Tuesday | 28th

"Embracing the Present Moment"
Expressive Arts with Stars of HOPE

Wednesday | 29th

Stretch Lab
Active stretching and one-on-one personal demonstrations

Thursday | 30th

Lunch & Learn
Licensed Dietitian & Diabetic Specialist, healthy meal provided

Friday | 31st

Connection & Reflection
Licensed professionals to provide short solution-focused sessions

