



Restoration for All, Inc.

Be Restored, Be Empowered

A Message of Solidarity

Dear Community Members,

During these challenging times in Minnesota, we want you to know that **you are not alone**. Recent events have impacted many of us deeply, creating feelings of uncertainty, fear, and concern for our safety and the safety of those we love. We recognize the weight of these moments and the toll they can take on our mental health and well-being.

At Restoration for All, Inc. (REFA), we stand with you. Our mission is rooted in **re-registering and re-empowering** our community, and now more than ever, we are committed to being a source of support, healing, and hope. Together, we can navigate these difficult times and emerge stronger.

Stay resilient,

REFA

Who is REFA?

[Website](#)

Restoration for All, Inc. is dedicated to rebuilding community strength through mental health support, advocacy, and empowerment programs. We believe that healing begins when we come together,

share our experiences, and support one another through life's challenges.

Our Services Include:



- Community support and advocacy
- Mental health wellness programs
- Healing circles and safe conversation spaces
- Resources for navigating difficult times
- Connection to local support services

The Importance of Self-Care

In times of collective stress and trauma, taking care of ourselves isn't selfish, it's essential. Self-care allows us to show up for ourselves and for our community with the strength and compassion we all need.

Self-Care Practices for Challenging Times:

- **Connect with others:** Reach out to friends, family, or community groups. You don't have to face this alone.
- **Limit news consumption:** Stay informed, but protect your mental health by setting boundaries around media intake.
- **Maintain routines:** Structure can provide comfort and stability during uncertain times.
- **Move your body:** Physical activity, even a short walk, can help release tension and improve mood.
- **Practice mindfulness:** Breathing exercises, meditation, or simply being present can help ground you.
- **Seek professional support:** There is no shame in reaching out to a counselor or therapist when you need it.

- **Express yourself:** Journal, create art, talk with trusted friends, find healthy outlets for your feelings.

Taking care of yourself helps you take care of your community.

Upcoming Events

Calendar

February 7, 2026

SUPER SATURDAY

FAMILY EVENT

Building Super Strong Mental Health

This event will include children's activities and the opportunity for participants to connect with peers and professionals and learn about local resources.

Feb 7, 2026
9:00 - 11:00 am

The Meeting Point
14537 Dodd Blvd,
Rosemount, MN
55068

EVENT HIGHLIGHTS:

- COVID-19 Testing Kits
- Resource booths for Parents, Caregivers, & Professionals
- Children's books in Spanish & English

NAMI
National Alliance on Mental Illness
MINNESOTA

mi
DEPARTMENT OF HEALTH

Restore for All, Inc.
The Restored. The Empowered.

Super Saturday

9:00 am to 11:00 am

Join us this Saturday for an event that will include light refreshments, children's

Event for Parents and Caregivers

activities, and the opportunity for participants to connect with peers and professionals and learn about local resources.

[Register Here](#)

Registration closes on February 6 at 3:30 pm.

February 10, 2026

COMMUNITY CONCERNS & MENTAL HEALTH WELLNESS MEETING

We invite you to join a community meeting to discuss concerns affecting our community during this time and explore ways to support one another's mental health and well-being.

TUESDAY
10 Feb, 2026 | 12:00 PM - 2:00 PM

[SCAN FOR ZOOM LINK](#)



- Building community strength in times of fear
- Supporting and protecting our communities
- The mental health impact of current events
- Practical steps for community support and advocacy

If you have any questions, contact us at (651) 493-8646 or info@restoreall.org

Logos: United Resilience Coalition, Restoration for All, Inc., Carlson Family Foundation, Department of Health, F. R. Bigelow Foundation, Department of Human Services.

Community Concerns &

12:00 pm to 2:00 pm

We invite you to join us
online for a community meeting

Mental Health Wellness Meeting

to discuss concerns affecting our community during this time and explore ways to support one another's mental health and well-being.

Topics We'll Cover:

- Building community strength in times of fear.
- Supporting and protecting our communities.
- The mental health impact of current events.
- Practical steps for community support and advocacy.

[Register Here](#)

Continuing Support: Healing Circles & Mental Health Conversation Spaces

Following our February 10th meeting, we will continue to offer **Healing Circles** and **Mental Health Conversation Spaces** as ongoing opportunities for community members to gather, share, and heal together.



Healing Circles

Providing a safe, supportive environment where participants can express their feelings, experiences, and concerns without judgment. These circles are facilitated spaces designed to promote emotional healing and community connection.

Mental Health Conversation Spaces

This environment will offer opportunities to learn about mental health resources, discuss wellness strategies, and connect with others who understand what you're going through.

You Are Not Alone

Whether you attend our events or not, please know that support is available to you. The challenges we face as a community require collective strength, mutual care, and unwavering solidarity.

We encourage you to reach out, show up, and lean on your community.

Together, we are resilient. Together, we heal. Together, we thrive.

Restoration for All Inc.

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