



Participant Workbook

www.harborhomes365.org



Welcome!

I appreciate your commitment to the Harbor Homes **Community Empathy Experience; 365 A Mile In My Shoes Challenge.**

We will walk together for the next 365 miles while learning, growing, supporting, and finding empathy.

We encourage you to utilize this workbook that we have created to help guide and support you on this journey over the course of the year.

Inside, you will find journaling prompts, self-care tips and information on the homeless situation in our community.

Remember to join the online 365 community where you can share thoughts, ask questions, sign up for group activities, and our monthly Walk Togethers as well as log your moveable miles to keep track over the year.

The time you spend learning empathy around homelessness means a great deal and can be rewarding to both us here at Harbor Homes of Martha's Vineyard and to your self-growth. Again, thank you for joining us and we look forward to learning more about you this year as well.

Be well & warm,
Kristin Leutz
Executive Director,
Harbor Homes of Martha's Vineyard

