

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 しんいける Executive Director, Harbor Homes of Martha's Vineyard

PROGRESS TRACKER FEBRUARY



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month

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You can keep track of your walking here for your personal record.

For any distance up to 1 mile, mark as 1 mile walked

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Journal Prompt:

What is your perception of homelessness as you start this journey? Be honest (this is for your eyes only) about what you envision homelessness to be like for someone.

What does the average homeless person look like? Why are they homeless?

Give as much detail as you can.

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REMINDER

Be sure to log your miles through 365 website form so you can be counted with the community!



Since 2022, the number of families with children experiencing homelessness has risen by more than 15%.

PROGRESS TRACKER MARCH



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month

MILES WALKED

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Ask Questions

Think of 3 questions you have about homelessness and post them in the 365 Online Community. Engaging with other members and contributing to conversations is important to the overall experience.

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REMINDER

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People who identify as Black make up just 13% of the U.S. population, but comprise 37% of all people experiencing homelessness.

PROGRESS TRACKER APRIL



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month

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ACTIVITY

Advocacy Action

Research local and state policies related to homelessness. Write a letter or email to elected officials advocating for positive changes or supporting existing initiatives.

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REMINDER

Be sure to log your miles through 365 website form so you can be counted with the community!



In 2023, the facility, a refuge for those ranging in age from 18 to over 70, is also seeing an influx of newly registered guests - individuals who have never had to rely on the shelter in the past.

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PROGRESS TRACKER MAY



SET INTENTION

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ACTIVITY

Spring Cleaning

Time to Spring clean. Harbor Homes provides a list of needs to support our community. Spend time this month cleaning out your closets, garage, and storage - donate items needed to Harbor Homes.

DONATION BOX (S)	

TOTAL MILES:



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impact a person's health and safety.

REMINDER Be sure to log your miles threform so you can be counted
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Living unsheltered can i

PROGRESS TRACKER JUNE



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month **ACTIVITY** Let the Inner Artist Out What is your perception of homelessness as you start this journey? Be honest (this is for your eyes only) about what you envision homelessness to be like for someone. What does the average homeless person look like? Why are they homeless? Give as much detail as you can.

MILES WALKED

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The most vulnerable population is the chronically homeless, individuals who have meager incomes, disabilities and no recent rental history.

PROGRESS TRACKER JULY



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month **ACTIVITY Start a Conversation** Ask your family and friends what their thoughts are on homelessness. Tell them about what you have learned so far during the 365 challenge. Invite them to join - it's never too late Add points of your conversations to your journal.

MILES WALKED

You can keep track of your walking here for your personal record.

For any distance up to 1 mile, mark as 1 mile walked

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There continues to be a dire shortage of rental housing on Martha's Vineyard resulting in an increasing number of residents either homeless or at risk of becoming homeless.

PROGRESS TRACKER **AUGUST**



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month **ACTIVITY Be Aware & Share** Create your own social media campaign. You can use our toolkit for easy copy and pasting or you can share your own content that create or find. Share articles, information, facts and your thoughts with your online friends. Posting on social media even just 1 to 3 times per week or month helps remove stigmas of homelessness and posting reliable information helps raise the right awareness.

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destination for wealthy elites, its year-round population, which had been growing for years, increased sharply due to the COVID-19 pandemic. That quick growth intensified the affordable housing shortage that had existed for years.

PROGRESS TRACKER SEPTEMBER



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month

ACTIVITY

Listen Empathetically

This month, empathetically listen. In your conversations, let another person lead the discussion, remain utterly attentive, avoid interrupting, ask open-ended questions, and avoid coming to premature conclusions and providing unsolicited answers.

MILES WALKED

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TOTAL MILES:



REMINDER

Be sure to log your miles through 365 website form so you can be counted with the community!



Around two-thirds of the guests staying at the shelter are employed on-Island, year-round

PROGRESS TRACKER **OCTOBER**



SET INTENTION

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ACTIVITY

IMAGINE 10 MINUTES

Imagine you and your family were just told that you have 10 minutes to vacate your home. You can take only whatever you can fit into a backpack. What things would you take with you? What things would be hard to leave behind?



regardless of income, who is dependent on a rental for housing is at risk of becoming homeless. This has affected town administrators, teachers, Stop and Shop employees along with low and moderate income residents.

MILES WALKED

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PROGRESS TRACKER NOVEMBER



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month **ACTIVITY Journal Prompt:** Without looking back to month #1, practice this journal exercise again. When you are finished, refer back to month one and add what you have learned, what has changed? What is your perception of homelessness as you end this journey? What do you envision homeelessness to be like for someone? What does the average homeless person look like? Why are they homeless? Give as much detail as you can. detail as you can.

MILES WALKED

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Massachusetts ranked #3 with a 23.4% jump over last year (2022)

PROGRESS TRACKER DECEMBER



SET INTENTION

Spend some time reflecting on why you joined the experience and what you hope to gain by participating in the challenge. Then write one sentence the reflects your intention for this month

MILES WALKED

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ACTIVITY

Reflect & Action Planning

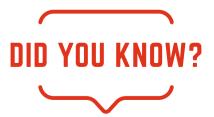
Spend time in reflection. As you near the end of this experience, take some time and reflect on your overall experience. Create a personal action plan outlining specific steps you can take in 2025 and beyond to contribute to homelessness awareness and support.

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REMINDER

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21 percent of individuals experiencing homelessness reported having a serious mental illness,

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