

Catalyst Initiative of the George Family Foundation

HEALING FROM TRAUMA: TIPS & TECHNIQUES FOR RESILIENCE SUMMARY REPORT

Wednesday, August 30, 2017

*Facilitated by Marnita's Table, hosted by
St. Mary's Greek Orthodox Church*

Overview

On Wednesday, August 30, the Catalyst Initiative of the George Family Foundation and Marnita's Table brought together approximately 225 community members for our ninth community exploration of Healing from Trauma: Tips & Techniques. Hosted by St. Mary's Greek Orthodox Church in Minneapolis, the event featured a delicious feast provided by Fabulous Catering and Cinco de Mayo Mercado.

During the event, participants were guided through opportunities to connect with other organizations and individuals in the room via a handy Takeaway Tool. Guests were also invited to engage in interactive spaces and activities such as the *Resource Wall*, *Let It Go* station and in-room supervised youth play area.

A series of experiential breakout sessions in mindfulness, meditation and other cultural and integrative practices for wellness and resilience were offered, encouraging participants to learn, practice and take home actionable techniques for promoting and maintaining holistic health. Guests also had access to a *Quiet Room* where calming live music, private space and massage therapy were made available to those in need of these services.





Guests enjoy the delicious feast.



Participants are encouraged to prioritize connection and collaboration.

Demographics & Goals

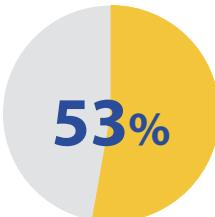
Total Participants | **225** | 150% of the goal

Participants of Color | **119**

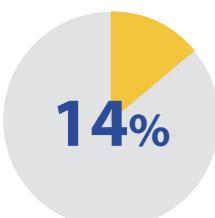
Youth Participants | **32** under the age of 24

At event's end, 100% of participants said they had met at least one new person with whom they intended to keep in contact, while everyone walked away having learned at least one new tool or technique they could incorporate into their own lives.

Participants of color



Participants under the age of 24



Heard in the Hall!

Here's what participants had to say about their experience:

"I always leave these events feeling grounded and centered with new tools for wellness. Nyah Weh!"

"I loved it. Putting a group of diverse, dynamic activists in a room with good conversation starters is a recipe for rejuvenation and growth."

"Wonderful diversity – great community. Refreshing! Transformative, delicious food."

"It was so encouraging to me to be with so many people who care to make changes to build resiliency in people's lives."

"The safe spaces created were powerful. Being asked to talk to someone appearing different forces acknowledgment of differences. It causes authentic findings of similarity."

"This was a wonderful time of connecting across lines. Thank you."

"I came focused on the trauma of my students and in the process I saw the value for/in response to my personal trauma history and also the value in healing from secondary or vicarious trauma that staff often need."

Mindful moments woven in between sessions and throughout practice-based breakouts affirm the work guests undertook toward self-care and collaborative resilience.



Circle Share-in

For this Circle Share-in, we asked participants to share one thing for which they are grateful, in recognition of the healing power of gratitude. Here is a selection of their responses:

For the natural beauty of our earth

To be part of a community of fierce leaders

For my power

That at any moment we can choose something different

For the opportunity to see myself and the world differently

That I have a job that supports my growth and learning and expansion

To hook my journey to someone else's today

To know that there is love and healing in the world

For all this beautiful melanin in my skin

For the love and support of my community

To be heard and to hear

For past experiences that have shaped me into who I am today

For validation that this is the right work

For my good days and my bad days

How many learned something new?

Approx. 98% by show of hands

Taking home a new practice for wellness/resilience

Approx. 95% by show of hands





Meditative exercises get guests moving and breathing deeply.

Breakout Sessions

Drawing on local practitioners and resources for integrative health and wellness, we offered four breakout sessions during the afternoon, providing participants with the opportunity to connect, heal and develop practical skills and techniques to support personal and collective resilience.

Imagination: A Wonderful Friend and a Terrible Master with Drake Powe

We all know the joys of an active imagination. Imagination saves us from all manner of life challenges we would not otherwise get through. When we add imagination to fear we find the spontaneous combustion that leads to intolerance and hatred. This session explored the connection between fear and imagination.

Fostering Healing: Youth-led Mindfulness Practices with the Irreducible Grace Foundation

Irreducible Grace Foundation is led by youth of color, some of whom have been in foster care. This group has been trained in mindfulness and meditation methods to help overcome traumatic life experiences.





Lakeside breakout sessions
in the courtyard, St. Mary's
Greek Orthodox Church.

Expressive Meditation & Dance with Linda Eaglespeaker & Donna LaChappelle

Linda Eaglespeaker and Donna LaChappelle, Elders-in-Residence at the Minnesota Indian Women's Resource Center, led a group of breakout session participants in expressive movement practices for wellness and resilience.

Somatic Movement: Embodied Healing with Taja Will

This breakout session is an overview of embodied anatomy and the cultural behaviors that shape our bodies. Our Body-Mind connection is rooted in the nervous system; by learning the patterns and habits of both the collective and individual nervous systems, we have greater potential for relationship-building with ourselves, others and the world.

Setting the Scene: Holding space for healing

Special thanks goes to the local therapists and practitioners who held space in the *Quiet Room* for those who required its services:

Awana Moye
Ayo Clemons
Chere Suzette Bergeron
Khary Jackson

