



YOU'RE INVITED! THE CATALYST INITIATIVE'S 2018 HEALING FROM TRAUMA

Please join the Catalyst Initiative at The Minneapolis Foundation and Marnita's Table on **Thursday, August 9, 2018** from **11 a.m. to 2 p.m.** for our 10th feast and exploration of **Healing from Trauma: Tips & Techniques for Resilience**.

During our time together, we will explore holistic, integrative practices for collaboratively and individually addressing trauma and developing resilience. Breakout sessions will include meditation and mindfulness tips alongside culturally inclusive strategies and practices for addressing intergenerational, primary and secondary trauma, and institutional challenges to healing and wellness.

What to expect

Expect to be enlivened, engaged and to expand your understanding of integrative healing from trauma. Together we will capitalize on existing energy, make new connections and build momentum as we share an abundant feast. If you are receiving this invitation you have been identified as someone who will add and receive extraordinary value through your participation in this critical conversation.

We are specifically seeking a vibrant cross-cultural mix of participants. If you know someone who will add and/or receive extraordinary value through their participation feel free to reach out to someone across race, class, culture or age and invite them to join you! If you have attended Healing from Trauma before, please consider inviting one or two people who have never been who you believe would value this experience.

A complete feast is served with abundance to allay any dietary concern from vegan to halal to carnivore using the Marnita's Table model (www.marnitastable.org) of a resource-abundant environment where all can eat their fill! You are the guest of the Catalyst Initiative at The Minneapolis Foundation and there is no charge to participate. Please dress comfortably. Children, elders and other community members of all ages welcome!

**Thursday, August 9, 2018
11 a.m. to 2 p.m.**

**St. Mary's Greek Orthodox
3450 Irving Ave. S.
Minneapolis, MN 55408**

**RSVP via email or call:
elaxis@marnitastable.org
612.928.7744**

**Day-of contact:
Elaxis | 401.871.5641**

Catalyst Initiative
at The Minneapolis Foundation



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About the Catalyst Initiative at The Minneapolis Foundation

Catalyst is a field of interest fund of The Minneapolis Foundation designed to build integrative health and healing in Minnesota.

Our purpose is to honor and foster culturally authentic self-care practices to advance health and wellbeing.

Catalyst taps into our innate power to heal and be well through two primary approaches: self-care as primary care and culturally meaningful trauma healing practices.

About Marnita's Table

Marnita's Table seeks to measurably increase social capital across race, class, culture, gender and other means of self-identity in order to catalyze transformational change where racial and cultural differences are not viewed as deficits or merely tolerated, but instead viewed as assets. We are experts at social capital building, and in the past thirteen years we've welcomed more than 43,000 people from around the world to find common ground while breaking bread.

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About Healing from Trauma

The Marnita's Table model of Intentional Social Interaction is an inclusive forum to exchange ideas and build relationships across age, ethnicity and other means of self-identity in order to catalyze positive action toward building community resilience.

Originally designed and developed in 2015 through collaborative and participatory stakeholder input in partnership with the Catalyst Initiative, this dialogue series, now on its 10th iteration, focuses on the emergent, community-driven development of actionable ideas about how to improve health outcomes and opportunities to explore the latest research on mind/body techniques in a collaborative and collegial environment.

With so many members of our communities currently grappling with historic and secondary trauma, this event is a timely prevention and healing strategy that recognizes the need for healing in the context of communal support and collaboration. In our work across the state, Healing from Trauma emerges as our most-requested dialogue, so to deepen and expand the experience, we have added new practitioners and sessions to speak to the needs emerging directly from community members and healthcare practitioners across the Greater Twin Cities and elsewhere in Minnesota.

Healing from Trauma recognizes that healing and building resilience in any community requires many stakeholders who willingly work together at all levels of decision-making impact.

We look forward to welcoming you. If you have any questions you may call Marnita's Table at 612.928.7744.

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