

Catalyst Initiative at The Minneapolis Foundation

2018 HEALING FROM TRAUMA: REPORT TO THE COMMUNITY

Thursday, August 9, 2018 | 11 a.m. – 2 p.m.

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

Overview

On Thursday, August 9, 2018, the Catalyst Initiative at The Minneapolis Foundation and Marnita's Table brought together over 200 community members for our tenth community exploration of Healing from Trauma: Tips & Techniques. Hosted by St. Mary's Greek Orthodox Church in Minneapolis, the event centered around a delicious extended brunch feast appropriate for all dietary concerns and featured an abundant spread 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, which encouraged thoughtful reflection of healing and resilience practices. Participants were also invited to engage in interactive spaces and activities such as the *Resource Wall*, a *Let It Go* station and an in-room supervised youth play area.



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Cultural & Integrative Healing Practices

A series of engaging breakout sessions was offered by local specialists in mindfulness, meditation and other cultural and integrative practices. These sessions encouraged participants to learn, practice and take home actionable techniques for promoting and maintaining holistic wellbeing. Guests also had access to a *Quiet Room* where private space for reflection and massage therapy were available.

Thanks to the local therapists and practitioners who held space in the Quiet Room:

*Awana Moye
Ayo Clemons
Chere Suzette Bergeron
Rowan Fakhoury*

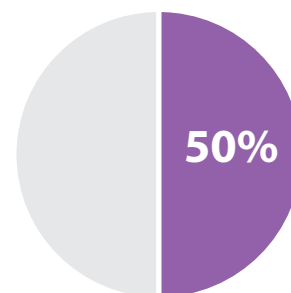
Demographics & Goals

Total Participants | **208** | 139% of the goal

Youth Participants | **20** under the age of 24

Indigenous or People of Color | **103**

**Indigenous/
People of Color:**



2018 Breakout Sessions Included:

Dance, Love, Liberate with Marcus Young

Health & Wellness Tools for Self-care with the Irreducible Grace Foundation

Restoring Power with Molly Glasgow and Ricardo Levins Morales

Mindfulness as Recreation with Drake Powe



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Check out the video of this event on Catalyst's YouTube channel.

Heard in the Hall!

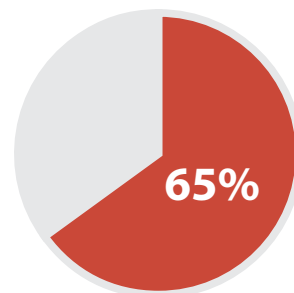
Here's what participants had to say about their experience:



Would invite someone to another Healing from Trauma



Had met at least one new person with whom they intended to keep in contact



Would respond to interview requests or share a story of impact

“Thank you for creating a space where my nine-year-old could comfortably engage in the process.”

“This was incredibly impactful and inspiring. Thank you!”

“Excellent presentations from facilitators. I learned tools that I’ll definitely use and share.”

“I really enjoyed everything, including learning to deal with stress and being in an environment with others who have either experienced trauma or are helping people who have been in trauma.”

“This was information that my fellow teachers should have. Teachers often interact with students with trauma without the training or tools to use.”