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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at The Minneapolis Foundation



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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

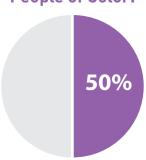
Demographics & Goals

Total Participants \mid 208 \mid 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







Circle Share-in

For this Circle Share-in, we asked participants to say one word that encapsulates their experience during the day and to share one thing for which they are grateful. Here is a small sample of what was offered:

Reminded | Because I feel like healing and resilience is a big deal, but sometimes it's not given credence by dominant culture.

Joy To those who brought that to me just by being here.

Undaunted | Because there is a space created for healing and supporting healing from trauma, giving us tools to survive.

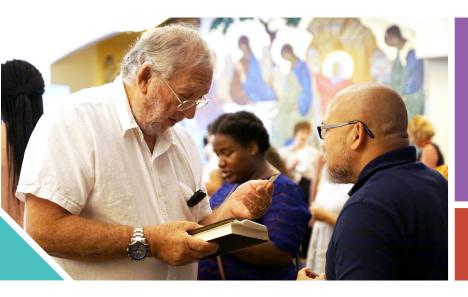
Calm | Honored to be surrounded by so many powerful women of color.

Hospitality | My community and to be in a broader community that supports a gathering like this that is so powerful and real.

Nurturing | For dancing in the sunshine today.

Hope | For looking around the room and seeing the part of this community where differences are valued.





Participants were guided through opportunities to connect with other organizations and individuals in the room via a handy Takeaway Tool.



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

Heard in the Hall!

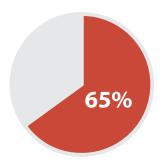
Here's what participants had to say about their experience:



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."