



# You are invited to the Youth Cultural Healing Summit!

Please join the Catalyst Initiative of The Minneapolis Foundation and Marnita's Table on **Thursday, October 17th** from **9:30 a.m. to 4:00 p.m.** for the 2019 unConference: Youth Cultural Healing Summit. This all-day event centers community voices, emergent applied research and embodied, practical approaches to supporting individual and collective resilience for youth and those who serve them, hosted in the model of Intentional Social Interaction.

During our time together, we will collectively lift up youth cultural healing leadership, as we dive in to explore integrative and culturally-specific healing strategies and practices. Featured youth performances are by the Irreducible Grace Foundation and the Ikidowin Youth Theater Group at Indigenous Peoples Task Force!

**This event is open to the community (all ages welcome). There is no charge to participate. RSVP via email to [elaxis@marnitastable.org](mailto:elaxis@marnitastable.org). You may also call us at 612.928.7744.**

## DATE & TIME

**Thursday, October 17, 2019**  
**9:30 a.m. – 4:00 p.m.**

## LOCATION

**Westminster Presbyterian Church**  
**1200 Marquette Ave.**  
**Minneapolis, MN 55403**

## DAY-OF CONTACT

**Sammie | 612.875.3215**

## COMPLIMENTARY PARKING

Complimentary parking for cars (and bicycles) is available in the underground Westminster Parking Garage.

- Entrance to the parking structure is off Alice Rainville Place (13th Street) between Nicollet Mall and Marquette Avenue South.
- Access to Alice Rainville Place can only be made from the south via Marquette Avenue South or Nicollet Mall. There is no driving entrance to Nicollet Mall from 12th Street, and Marquette Avenue South is a one-way street south of 12th Street.



**CHECK OUT THIS SHORT VIDEO:**  
<https://bit.ly/2KStNZ3>



## WHAT TO EXPECT

Expect to be enlivened and engaged as we explore youth cultural leadership and integrative health and healing. 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 across race, class, culture or age and invite them to join you! If you have attended a Catalyst Initiative or Marnita's Table event in the past, please take this opportunity to invite someone you think will benefit from the 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](http://www.marnitastable.org)) of a resource abundant environment where all can eat their fill! You are the guest of the Catalyst Initiative of The Minneapolis Foundation and there is no charge to participate. Please dress comfortably. Children, elders and other community members of all ages are welcome!

## About the Catalyst Initiative of The Minneapolis Foundation

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

### Our Purpose:

To honor and foster culturally authentic self-care practices to advance health and well-being. 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. Experts at social capital building, over the past fourteen years we've welcomed over 54,000 people from around the world and the around the way to find common ground while breaking bread.

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

**Catalyst Initiative**  
*at The Minneapolis Foundation*