



You are invited to our virtual Healing from Trauma event!

Please join the Catalyst Initiative at The Minneapolis Foundation and Marnita's Table on **Tuesday, October 27** from **6:00 p.m. to 8:30 p.m.** for our 12th **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. Centering the conversation in the south Minneapolis neighborhoods surrounding 38th & Chicago, this embodied virtual feast and gathering is intended for those living and serving in the communities and surrounding areas most impacted by the murder of George Floyd. Families, youth and elders of all ages are welcome, with a special focus on first responders and others working in community health and healing.

This is a virtual event. We will send the Zoom link when you RSVP.

RSVP via email to Lauren@marnitastable.org or leave a voicemail message at 612.928.7744

DATE & TIME

**Tuesday, Oct. 27, 2020
6:00 p.m. – 8:30 p.m.**

DAY-OF CONTACT

Lauren | 612.750.1267

- Yes!** This event is free.
- Yes!** Dinner is provided for your household through delivery or pick up.
- Yes!** Children, youth, elders (and pets!) of all ages are welcome. You can share a screen or all attend on different devices!
- Yes!** We will help you get connected.
- Yes!** Translation will be provided (by request).

WHAT TO EXPECT

Expect to be enlivened, engaged and to expand your understanding of integrative, culturally and racially meaningful healing from trauma. Together we will capitalize on existing energy, make new connections and build momentum. 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.



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

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. Find out more at www.minneapolisfoundation.org/grants/catalyst-initiative.

About Marnita's Table

At Marnita's Table, we seek to close gaps across difference through making Intentional Social Interaction the new pattern for society where Indigenous, people of color, the disenfranchised, the poor, the unheard, the fragile, the LGBTQ+ and anyone who is normally left out of community decision-making are automatically included and valued at the policy-making and resource-sharing table. Experts at social capital building, we've welcomed over 63,000 people from around the world and around the way to find common ground while breaking bread — in person or online, we bring people together to create meaningful change and more equitable systems. Find out more at www.marnitastable.org.

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 in its 12th session, 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.

Healing from Trauma recognizes that healing and building resilience in any community requires many community members 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.