



Sign Up Today, Give How You Want To!
We are on [Benevity.org](https://www.benevity.org) and [Every.org](https://www.every.org)



Support our work in restorative justice and youth empowerment by planning your 2025 giving! We've partnered with Benevity.org and Every.org to offer flexible donation options, including credit/debit cards, bank transfers, PayPal, Venmo, cryptocurrency, stock, and Donor Advised Funds. Wire transfers and donations via Apple or Google Pay are also accepted.

Our Second Wellness Event was a Hit!



Our second wellness event was a breath of fresh air, all thanks to the awesome support from the [East Bay Community Fund](#)! We wanted to make well-being feel less like a chore and more like something we can all easily weave into our day-to-day. Think of it as planting seeds for a healthier and happier you! Plus, we wanted to create a space where everyone could swap their own awesome well-being tips and tricks.

The day kicked off with some feel-good vibes, helping us all tune into the idea of well-being. We had some cool chats in smaller groups, sharing our personal wellness journeys and realizing we're all in this together! We even heard some inspiring stories from our own crew - proof that little things can make a big difference.

Then, we took a mindful little journey to the ballpark. We encouraged everyone to soak in the spring air by walking, biking, scooting, or hopping on public transport. To make it even more fun, we had a little sensory scavenger hunt to help us really notice the blooming world around us!

The grand finale? Chilling out at the ballpark and enjoying the game at our own pace. And for those lucky enough to be there on **April 9th, 2025, what a game!** The Giants pulled off an amazing comeback, hitting a walk-off homer in the 10th to beat the Reds 8-6 at Oracle Park! Talk about some springtime excitement!

This event was all about tapping into different ways to feel good, from noticing the little things around us (sensory engagement) to taking a moment for ourselves (mindfulness), sharing our experiences with each other (compassionate sharing), and simply enjoying the fun of the game (big thanks again to [MLB-Together for the tickets!](#)). We even got a little dose of exercise for those who walked or biked, connected with our colleagues (social connection), and hopefully picked up some easy ideas to bring more well-being into our lives (education and awareness).

Huge shoutout to our amazing [CW Wellness dream team - Kevin Martin, Gaby Plaza, and Dee Myers](#) - for making this fantastic event happen!



Conscious Language Training Highlights



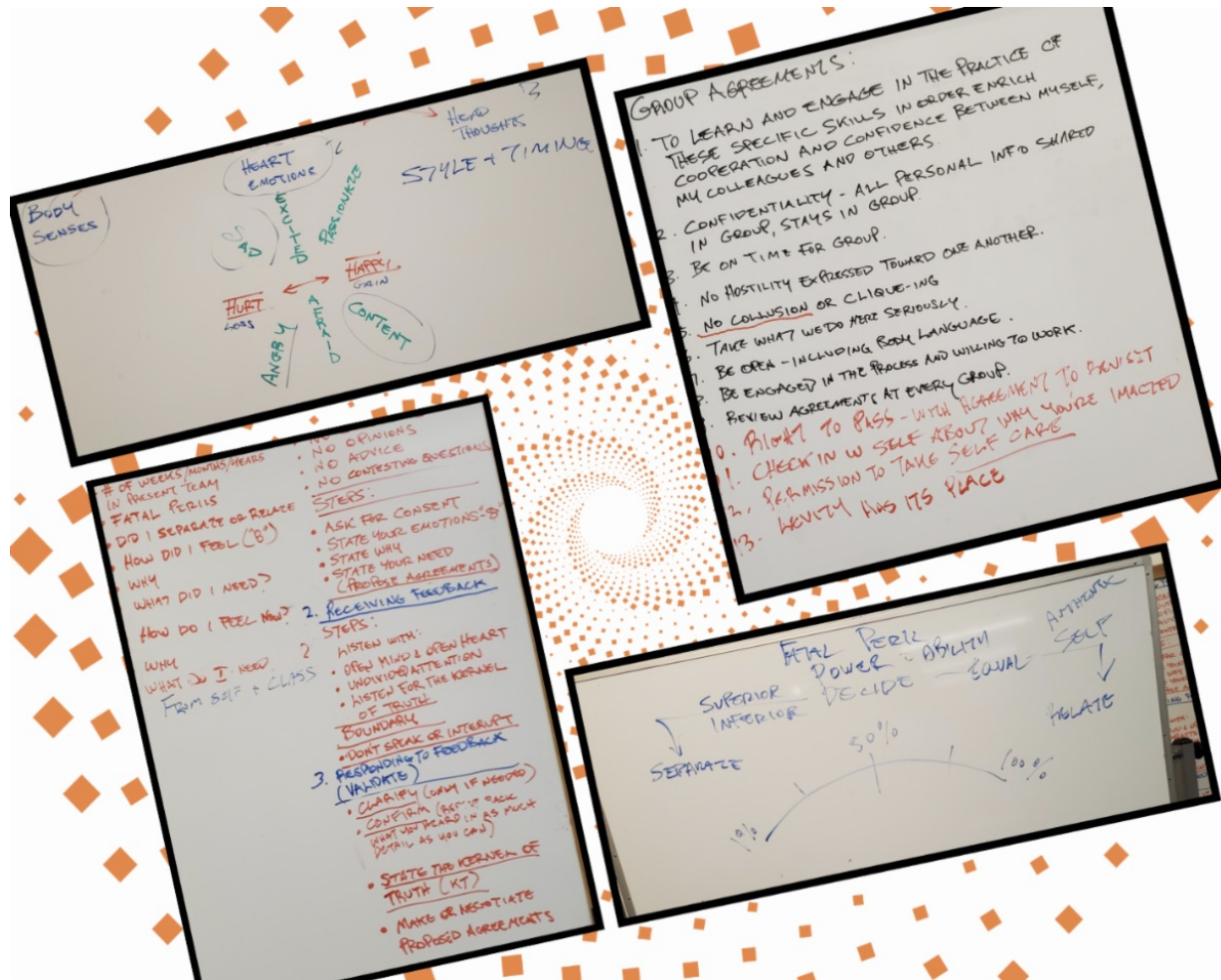
We recently completed an organization-wide [Conscious Language](#) training focusing on enhancing our communication and connection. We aimed to create a safe space for open discussions, deepen our emotional understanding, and resolve conflicts effectively. Additionally, we wanted to empower our [Resolve to Stop Violence Project \(RSVP\)](#) team to share their experiences more widely and align with the broader company training, ultimately fostering stronger connections within our team.

Thanks to the core planning team: Leo, Kevin, Dee, Gaby, and Scott. Special recognition to Jerry for his contributions to content development, and to Dorothy for her insights.

For over 40 years, [Manalive](#) has been a vital training resource for addressing various forms of harm and injustice. The manalive process involves analyzing and unlearning the “[Male Role Belief System](#)” of superiority and dominance, and provides education and practice of emotional literacy and intimacy. Since 1997, Community Works (CW) and Manalive have partnered, notably to deliver the [RSVP program](#) at the former SF County Jail #7.

This partnership provided a strong structure and staffing with lived experience and specialized training. CW has also served as a training base for Manalive facilitators who have gone on to work in schools, community programs, and institutions both locally and globally. The training we participated in builds upon this rich history and established methodology.

The primary goal of the training was to enhance communication skills and interpersonal dynamics within the organization. It focused on fostering a safe environment for open communication, emotional awareness, and conflict resolution using an adapted Manalive process to 'Give and Receive Feedback'.



- **What we learned:** Emotional awareness, clear communication, conflict resolution, giving/receiving feedback, and building trust, drawing from the established Manalive approach.
- **Why it matters:** Better teamwork, easier conflict solving, a more respectful workplace, and smoother collaboration.
- **How we learned:** Interactive sessions with discussions and practice.
- **Restorative Justice Link:** We explored using open communication, restorative dialogue for conflict, feedback for accountability, and building an empathetic culture, consistent with Manalive's principles of addressing harm and injustice.

"Connecting honestly is crucial, practice is key, and leadership support is vital. We're working on making these skills stick and building a stronger, more connected team. These skills can improve team dynamics, enhance conflict resolution, foster a culture of respect and empathy, and lead to more effective collaboration and productivity." - Kevin M, Restorative Practices Strategist

Project WHAT!
Amplifies Voices at National CIP Conference at ASU



Project WHAT! recently made a significant impact at the [7th Annual Ann Adalist-Estrin Memorial National Children of Incarcerated Parents \(CIP\) Conference](#), held in Scottsdale, Arizona, from April 7 to 9.

[Lhaga, our Program Coordinator](#), shares an update:

Our involvement extended to leading a powerful workshop showcasing how Project WHAT! passionately supports young people impacted by the system. During this session, our staff shared valuable insights alongside Mordakai, who bravely shared their powerful written narrative, creating a truly impactful experience for all attendees.

Our involvement extended to leading a powerful workshop showcasing how Project WHAT! passionately supports young people impacted by the system. During this session, our staff shared valuable insights alongside Mordakai, who bravely shared their powerful written narrative, creating a truly impactful experience for all attendees.

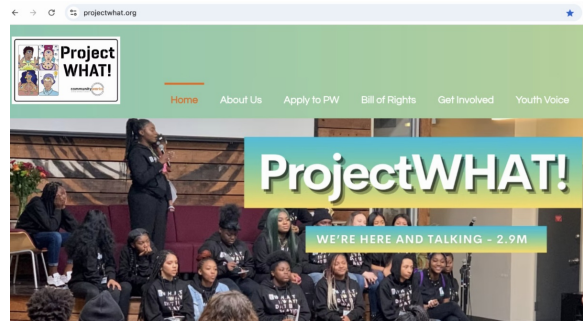
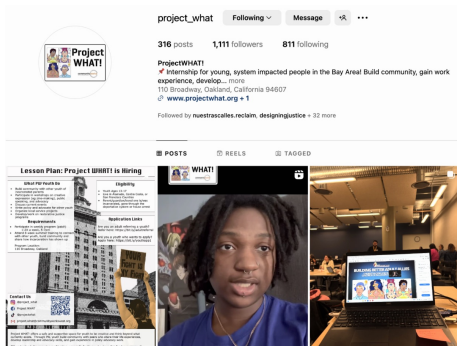
Throughout the conference, we gained valuable insights. On the second day, key takeaways included the critical importance of flexibility in meeting the evolving needs of young people, the excitement surrounding bicoastal power through strong regional partnerships, and Emani Davis's powerful reminder to acknowledge, not center, stigma. We even found joy in the simple things, like bubbles! 🌊😊 We also took the opportunity to share some local Phoenix knowledge, highlighting the free admission days at the beautiful Desert Botanical Garden! 🌸

Project WHAT! was also honored to present a morning session titled "Building Better Adult Allies: Understanding and Supporting Children of Incarcerated Parents." Our presentation addressed four critical gaps where adults often fall short in supporting young, system-impacted individuals, and we shared practical tools and strategies that Project WHAT! utilizes to bridge these gaps.

"It's not every day that you get to be in a space where there's that much energy and passion around bringing resources and support to young people. It was truly special!"

Our participation in this conference has undoubtedly strengthened our resolve and provided us with renewed inspiration to continue and expand our vital work in supporting children of incarcerated parents right here in our community and beyond. We are excited to integrate the knowledge and connections gained into our ongoing efforts.

A big thank you to @childwellbeing for their incredible work in organizing such a vital and impactful conference! [For a deeper dive into our experiences and key learnings, be sure to check out our Instagram recap posts!](#)



JUSTICE DEMANDS HUMANITY

Click To See Whats
New!



Click & Follow

Click To
Donate!

[Our Company](#) | [Contact Us](#)

[Community Works](#) | [110 Broadway](#) | [Oakland, CA 94607 US](#)

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!