



 **Youth Healing Project Awardees**



—● A Sacred Passings

"Family Dinners is a 13-week youth-led program focused on youth developing life skills through cooking. We will learn through collaboration and safe family-oriented settings. Meals we cook will be shared and followed by table-talk discussions around life, mental health, and well-being for BIPOC middle school and high school boys age 11 through 17 years old who are living in low-income public housing...In addition to learning cooking skills, and discussions around mental health and well-being, we have table talk discussions about what it means to be a male of color navigating today's society."

—● Kiks for Cool Kids- Building a Stronger Tomorrow Today

"Building a Stronger Tomorrow Today is a project I have been envisioning for some time now. I am working on building my business as a photographer. I have not had any formal training or education. However, I have a way of capturing the essence of YOU! With this project, Building a Strong Tomorrow Today, I want to share with other youths the beauty of recognizing your fears, your anger, and your past and building yourself up from there. It's not easy, but it's not insurmountable. Together, I can support each youth to build their dream while strengthening their heart, their self-esteem, and finding a way to seek help from culturally relevant organizations."

—● **Geeking Out Kids of Color**

“The (Geeking Out Kids of Color) program focuses on solving social justice issues that we care about using technology and adding a focus on the intention behind the project is empowering as we are able to explore our abilities and identify what is important to us but work through the project as a whole being and a self-care journey through it all. ”

—● Heart and Hustle Academy

"The project I plan to bring is a mentoring program that will focus on supporting the social, emotional, and mental health of our youth that are furthest from educational justice in the South Park community...Being a South Park native, I know firsthand the inequities and lack of resources that my community faces. Currently, the neighborhood I once knew is being gentrified, pushing out my fellow community members, including myself."

—● Joy & the Hood

“The project promotes mental health and well-being in youth and the community by providing a space where youth can be taught yoga, mindfulness and meditation, engage in healing conversations related to different themes (self-love, forgiveness, gratitude, etc), by people that look like them and come from backgrounds like theirs. Furthermore, this project promotes mental health by helping youth learn how to convey their feelings through poetry, journaling, etc. These different practices allow youth to get in touch with their emotions through different mediums while having a community alongside them doing the same thing.”

—● **Kandelia- Newcomers Club**

"My goal is to create a safe space for immigrants and refugees' students that are new to the country. This project will focus on providing them a safe space where they can adjust to the new school system, meet other students like them and build community. It will also provide them the necessary and fundamental resources such as how to navigate public transportation, learn about local organizations, and get any support they may need. This project will also help students to be more involved and have leadership opportunities in school projects and after school programs."

—● Knitting for Needs

"For the knitters, finding a balance in life between stressful work and personal projects is vital to maintaining a clear headspace. Knitting is a relaxing task that has the power to improve individual mental health. On top of that, the knitting groups will build positive communities that act as support networks and a means to kindle new relationships. Positive interactions with others that are equally determined and passionate can lift spirits, form new bonds, and see similarities and understanding—all factors that improve mental health."

—● Na'ah Illahee Fund

"I want to start a campaign that will attract scholar-athletes to create a more positive culture of support for mental health in sports. This campaign inspires me to begin with the power of art, fashion, and technology and is a collaboration between myself and organizations RISE UP, OL Reign, Seattle Storm, Amplifier, and Common Goal to combine the power of art and the power of sports to create environments where athletes can thrive holistically."

—● SanArte Healing Through Arts

"My roots are indigenous from Puebla, Mexico. The way my ancestors view healing is completely different from the ways folks heal in the US. We heal in community. We heal by reconnecting with the land, with our elders, with community, we heal by sharing food and knowledge. Our bodies carry transgenerational trauma and our own trauma. SanArte focuses on collective healing and body movement. Creating art together is a way to allow us to release stress, fears, and to allow our bodies to move our energy. We will dance cumbia together, make piñatas and art for our day of the death altars."

—● SG Education Consulting-Youth Healers

“...We became Healers through our journey in the “Youth Healing Project” and we are excited to be able to replicate the program, empower young leaders to become Healers and build more safe, healthy and joyful communities where empathy is the most important tool to bring people together. We are honor(ed to) be (a) part of (the) Youth Healing Project, now led by our team of Youth Healers.”

Student Connection



“Student Connection was inspired by my friend Zach. Zach was smart, energetic, and creative. Growing up, he told me he felt inadequate at school because he was Black and his parents “were dropouts.” In 10th grade, he dropped out too. One day I told him “Sorry if I’m the hundredth person to say this, but it’s not late to try school again. I know you could do it.” To my surprise, he responded, ‘Don’t be sorry. That’s the first time someone’s told me that since I can remember.’

...My friend needed someone who believed in him. Student Connection won’t stop until every student is supported. Until every student has an academic role model that believes in them.”

—● Teen.Self.Health



"As a fellow teen, I know how hard the past 2 years have been trekking through a pandemic filled with loneliness, depression, and mental health challenges. Now slowly transitioning back into a sense of normalcy, is even more difficult than expected. Teen mental health is at an all-time low, but, at the same time, we are expected to have grown and matured over the past two years. With the demands of school, extracurriculars, sports and social involvement, teens often put their own well-being last. My nonprofit and website Teen.Self.Health advocates for the normalization of mental health. It provides highschoolers with a safe space at school to hold open ended discussions about mental health, learn about resources in the community, and provides them with the education to further help other people in the greater community."

—● **The Good Foots Arts Collective- Coloring Book**

"What our project is working on this year is an interactive coloring book that is targeted and will be released to BIPOC communities in the South End and surrounding areas and our target audience will be children and youth ages and grades K-5. Our vision is to empower our youth by giving them an outlet to better express their emotions and it will also be an outlet for educators, young adults, and parents to get a better understanding of their status of their students' social and emotional literacy."

—● Worth a Shot



“The Teen Café led by counselors from Youth Eastside Services, is a platform where young people can share their stresses, emotions, anxieties, views about what is happening in the world and how they are impacted. Since this is a peer group, we have provided a judgement-free, conversation-style virtual platform, especially for BIPOC youth and from minority communities to come and feel supported”