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PREPARED JANUARY 2022

# STRATEGIC PLAN

Karen's Afro-Carib Healing Space

2022-2025



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# WHO WE ARE



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Karen's Afro-Carib Healing Space was named in honor of Karen Hutchinson who never waived in showing love and dedication to community. Karen's Healing Space provides intersectional mental health and wellbeing services to vulnerable young people ages 7-29, identifying as Black, African and/or Caribbean. We aim to remove the generational stigma placed in these communities and increase mental health literacy through advocacy using an anti-racism and anti-oppressive lens. We use a holistic, trauma-informed, and culturally sensitive approach to addressing mental health.

Our areas of focus are:

- Mental Health
- Advocacy
- Awareness and Education
- Community Development

# OUR MISSION

Karen's Afro-Carib Healing Space is driven by passion and commitment to support children and youth on their journey to achieving a healthy mental wellbeing

# OUR VISION

To create an inclusive space for Black, African, and Caribbean children and youth to gather and be inspired to achieve mental wellness.

# OUR VALUES

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- 01 Respect & Honesty
  - 02 Holistic Practice
  - 03 Individual & Family Centered
  - 04 Collaborative
  - 05 Community Centered
  - 06 Cultural Safety
  - 07 Strengths Based

# GUIDING PRINCIPLES



## Our Virtues

## Our Approach



# STRATEGIC PRIORITIES

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## #1 Capacity Building

Over the next three years we plan to increase our online presence, develop and maintain partnerships and collaborations, and implement quality services and programming.

## #2 Knowledge Exchange

Gain a deeper understanding of mental health needs within Black communities and use learnings and findings to better engage and support young people.

## #3 Meaningful Youth Engagement

Create a safe and brave space for young people to engage and feel supported, create meaningful connections that support young peoples individual needs, and allow for opportunities to ensure family and community inclusion.

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# WHAT WE DO

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## Counselling

### INDIVIDUAL, FAMILY & GROUP

We provide varying supports to address social, emotional and behavioural concerns using a holistic, trauma-informed and strengths based approach.

- Coping techniques
- Stress management
- Crisis & Behaviour management
- Advocacy
- Mentorship
  
- Depression and anxiety
- Harm reduction
- School related stresses
- Family Conflict
- Bullying
- Isolation
- Young parent(s)
- and more

## Programs

### MY MIND & ME

My mind and me is a weekly program that focuses on mental health literacy, understanding feelings and behaviours, emotion regulation, social inclusion, self-compassion and self-care

### INTENTIONAL MOVEMENT

Intentional movement is a 6 week program that focuses on the importance of physical health to foster a positive mental wellbeing. Youth will experience various movement focused activities from dance to step to kemeti yoga



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# WHAT WE DO

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## HEALING THROUGH MUSIC

In the Caribbean and African culture music has historically been apart of the healing process. Healing through music is a 6 week program that incorporates music as a part of the healing journey.

## QUEER & HEALING

This weekly group provides support to youth 16+ who identify as queer. Creating space for social inclusion and freedom from discrimination. It will explore intersectionality and promote positive mental health and wellbeing through sharing.

## MAN ENOUGH

Man enough meets weekly providing a brave space for youth 16+ who identify as male, to engage in open conversations about masculinity, gender and mental health.

## HEALTHY EATING

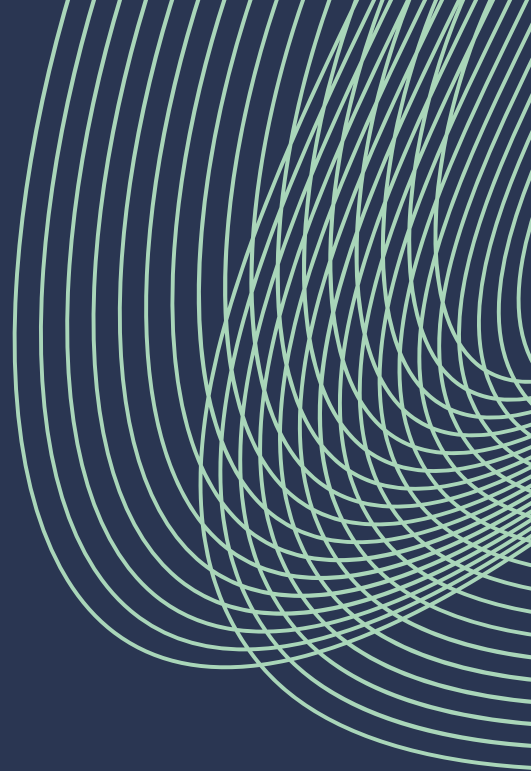
A healthy diet is one of many ways to improve mental wellbeing. This program will provide nutritional education. Every participant will receive a grocery card towards supporting their journey to healthy eating.

## LIVING & SOCIALIZING

This program promotes and increases social and life skills. Focusing on communication, healthy ways to express thoughts and feelings, developing and maintaining relationships, goal setting and coping techniques.

# BOARD OF DIRECTORS

KAVON ECCLESTON-HUTCHINSON - CHAIR  
ANNAKIM FFRENCH - TREASURER  
JUSTINE JOHNSON - SECRETARY




# MANAGEMENT

JAHTARA HUTCHINSON-BOBB - EXECUTIVE DIRECTOR

# OUR TEAM

DANYELLE CHAMBERS-HUTCHINSON - SOCIAL MEDIA COORDINATOR

[www.karenshealingspace.ca](http://www.karenshealingspace.ca)  
[info@karenshealingspace.ca](mailto:info@karenshealingspace.ca)  
 [karens\\_healingspace](#)



80 Corporate Drive  
Suite 303  
Scarborough, ON