

CYSOM Newsletter!

Color Your Story Onto Mine Inc. (CYSOM)

Welcome to the 2024-2025 Color Your Story Onto Mine inc. CYSOM Newsletter! We are excited to continue our mission of healing, empowerment, and community-building through creative expression. Our work remains rooted in Trauma-Informed Art for Mental Health, offering individuals the space to explore, process, and transform their experiences into resilience and growth.

Date: January through May Every Wednesday

Time: 3:00 PM - 5:00 PM

Location: Orange Mound Library

Details: Join us for hands-on projects and storytelling that encourage participants to express their voices and experiences through art, while developing fine art techniques, emotional literacy, and nonviolent communication skills. [Children \(Age 6-8\)](#), [Tweens \(Age 8-12\)](#), [Teens](#)

Exciting Updates & Initiatives

1. Worth the Risk Youth Initiative

CYSOM is proud to continue expanding the Worth the Risk Youth Initiative in Memphis. This program supports justice-involved youth by using art and storytelling to help them reclaim their narratives, develop life skills, and build emotional resilience. We partner with local organizations, juvenile justice advocates, and community leaders to create safe spaces for transformation.

2. Palmshire Park Monthly Healing Series

We are launching a monthly healing series for the Palmshire Park community! Each month, we will explore themes of healing, connection, and personal growth, providing reflection prompts, creative exercises, and tools to empower you on your journey. This initiative integrates emotional literacy, nonviolent communication, and essential life skills to support holistic well-being.

3. CYSOM Press & Creative Resources

We are excited to announce CYSOM Press, our publishing platform for our journal series and prompts through journals, workbooks, and devotionals that align with our trauma-informed approach. Our "Color Your Story Onto Mine" journal series and prompts continue to provide tools for self-reflection, healing, and artistic exploration.

4. Expanding Our Trauma-Informed Art Workshops

We are offering new workshops for mental health professionals, faith leaders, educators, and corporate teams. These workshops focus on creative expression, mindfulness, and resilience-building to help individuals and organizations integrate trauma-informed practices into their work and daily lives.

5. Spotlight: CYSOM at the Day on the Hill with TN Nonprofit Network

This year, CYSOM had the privilege of participating in Day on the Hill with the Tennessee Nonprofit Network, advocating for trauma-informed policies and increased support for mental health initiatives. We engaged with policymakers to highlight the power of art in healing trauma and the importance of resources for justice-involved youth. It was an incredible opportunity to amplify our mission and ensure that creative healing remains at the forefront of advocacy efforts.

