



BLM and Covid-19 90 Day Relief and Awareness Campaign



A 90 Day Campaign in direct response to COVID-19, police brutality, racism and Black Male Mental Health. In this current global climate, there is more need than ever to restore our hearts with loving kindness, compassion and grace for the evolutionary building of Humanity toward a healthy mental and physical collective well-being. Join us as we commit our minds, bodies and spirits toward healing through acts of service, wellness and mental health workshops, community and family wellness retreats, weekly community information/survivor calls and more to create healthier lifestyles, restored hearts togetherness and a strong sense of health and well-being.

The HeartWork Campaign will extend for 90 days throughout the months of July, August and September. Below are the programs that will be offered within the 90 day period.

Five Protective Factors Workshop

Focusing on strengthening parental resilience concrete support in times of need, social connections, social and emotional competence in children, and knowledge of parenting and child development. Open to all

- Benefits ALL families.
- Builds on family strengths, buffers risk, and promotes better outcomes.
- Builds on and can be integrated into existing programs, strategies, systems and community opportunities.
- Can be implemented through small but significant changes in everyday actions by individuals & organizations.
- Is grounded in research, practice and implementation knowledge.

W.R.A.P.

Your wellness, your way. Focusing on crisis planning, post crisis planning, and recovery through the five key concepts. Hope, personal responsibility, self-advocacy, support and education. Open to all.

Kings + Council Restoration Retreat

A leader/influencer wellness retreat for men of color who are in our communities fighting for the preservation of our youth through advocacy, enrichment programs, scholarship programs, mentorship programs, trade skill programs, etc. Invite only

Forgathering

Social connections are the antidote for social isolation and affect our diets along with shaping our individual roles within the family dynamic. This workshop emphasizes the importance of breaking bread with one another on a spiritual, mental and physical level. Invite only

Covid-19 Survivor Call Series

Bi-Monthly Zoom survivor call to support those who have experienced Covid-19 themselves, those with loved ones who may have experienced Covid-19 and for those who may have no personal experience with Covid-19 but are living through the global connection of our times. Open to all

Virtual Summer Camp

Virtual summer camp taking control of your wellness, engagement through an interactive process of exercises and activities that will nurture proper mental health and provide wellness tools. Open to youth between the ages of 10 to 14.

Youth Wellness Virtual Check In Call

A youth led, youth driven weekly check in call around current events, Covid-19 awareness, round table mental health discussions, youth violence prevention measures, a Know Your Rights session around police brutality, your rights as a citizen, police contact etiquette and policy. Open to youth between the ages of 14 to 21.

Eat Well Be Well Series

Monthly virtual workshops that emphasis the importance of healthy eating to create a more balanced lifestyle in connection to mental health. Zoom workshop on healthier eating, small cooking lessons for 30-minute meals and guidance for your own personal journey to staying well! Open to all

#HeartWork Community Partner Site Visit

Each week During the HeartWork campaign, From The Heart will recognize community organizations at one of their events or programs and have on-site interviews and live Q&A for those who may have questions on mental health and wellness, how to volunteer, how to contribute and/or what you can do to help those in the community who are also doing HeartWork within Denver and surrounding areas. Open to all

Mental Health Virtual Summit

Halim Ali presents at the Public Health for Public Safety Summit on "The Black Male Mental Health Initiative". In this virtual summit we will focus on mental health determinants and the most underserved population being Black males in America and how it affects the past, current, and future of our nation. August 5th 2020 from 1:30pm to 3pm. Open to all

Bi-Monthly Family Service Day

Two Sundays of the month From The Heart serves house-less individuals a home-cooked meal, provides hygiene items, coats, socks, blankets, herbal medicines and luggage.

As we continue to grow our campaign more events and services may be added! Please stay tuned and check out our website for more info.

www.fromtheheartent.com

