**Canopy Network-wide Offering**  
October 17, 2022

“Healing In and Through Conflict”

Time: 9a-3p

Location: Improper City

**Purpose**

Our goal is to provide an interactive, whole-body experience for attendees to learn new approaches for promoting healing through conflict.

**Objectives**

* Provide a personal experience of healing through conflict for each participant
* Offer new tools and approaches for healing through conflict for communities to use in their work (<https://drive.google.com/file/d/1-nAxGu-ylrYxB0H9-KG8cxrN14E18PAz/view?usp=sharing> ; Use Priya Parker info, LAPIS Model)
* Strengthen connections amongst Canopy network partners
* Budget: $6000.00 (add interpretation & translation)
* Revenue Expectations: $150/person

**Agenda** (help Dindi! 😊)

* 930a-10a: Opening/Welcome: Canopy Staff (Daniella & Dindi)
* 10a-1130a: Movement: Jahala Walker \*Note space for attendees to adjust for their needs
* 1130a-1215p: LUNCH (TCC will provide food truck tix, bowls w/vegan and gluten free options, IC will run a tab and bill TCC at the end)
* 1215p-1230p: BREAK
* 1230p-2p: Speaker & Floral Arranging group activity: Dr. Breigh Jones-Coplin
  + During this workshop Dr. Jones-Coplin will guide us through the experience of healing on an individual and communal level. We will talk about liberation psychology, mindfulness, and floral-based healing during our time together. Participants will engage in a mindfulness exercise by grounding and regulating their nervous system using flowers. Participants will collaboratively create beautiful floral mosaics. When we think about healing, it can’t be something we just do or talk about. We have to FEEL it. We have to be present in it. And we have to be willing to be uncomfortable so that our minds, hearts, spirits, and souls have the opportunity to be changed.
* 2p-3p: Closing/Drumming Out Stress: Professor Francis Agyakwa
  + Drumming Out Stress is a research and evidence-informed therapeutic drumming activity that helps professionals to relive work-related stress by learning to play the Djembe drum. A 2014 study published in the Journal of Cardiovascular Medicine enrolled both middle-aged experienced drummers and a younger novice group in a 40-minute djembe drumming sessions. Their blood pressure, blood lactate and stress and anxiety levels were taken before and after the sessions. Also, their heart rate was monitored at 5 second intervals throughout the sessions. As a result of the trial, all participants saw a drop in stress and anxiety. Systolic blood pressure dropped in the older population post drumming. Get ready to have some fun!
* 3p-315p: Closing Remarks & Surveys

**Roles**

* Dindi: Project lead, securing presenters, overall design of event
* Morgan: Lead on catering, support for securing venue, registration
* Bill: Support for framing learning experience, budget
* Daniela: Project management back up support
* Kale (or Morgan as back up): Lead/support on design of outreach materials and communications around event
* Madeline: Event support as needed

**Audio**

TCC will have to bring a PA & Mic if needed

**Audience**

Up to 50 participants drawn from the communities and networks we serve.

**Location**

In the metro area but ideally outside downtown at an accessible, open venue with adequate parking and access to transportation. Currently working to secure Improper City. through a wide range of mediums including body work, music, birthing practices, and floral displays.

**Communications and Outreach**

Channels

* Social media posts
  + Optional: Paid Targeted Ads –not needed
* Include in September Newsletter (Spanish)
* September Announcement – Sept 9th [Mailchimp] (Spanish)
* Reminder email [Mailchimp] (Spanish)
* Webpage – (7 languages)
* Staff Outreach
  + Do you have partners with email lists who would include this event and send to their network?
  + Create Asana task re: team outreaching to networks weekly

Webpage Content

* Event Details
  + Location
* Parking is all free street parking, no meters. Mondays are typically easy in term s of parking.
  + Adjacent lot with about 30 spaces at $100/hr if we’d like to provide designated parking
* Gender inclusive restrooms
  + Is an artistic rendition, not a descriptor of who uses which space, both are open to all
* Signage
  + Send over specific info for sign (sign is small but visible)
  + Time 9a-3p
  + Agenda
  + On site translation/interpretation
* Overview
  + Describe the purpose
  + How conflict connects to the vision of the Canopy
* Speakers
  + Photos, bio, session descriptions
* FAQ
  + Who should attend?
  + Logistical questions
    - What’s language justice?
    - Is lunch included?
* Registration
  + Eventbrite (Morgan)
    - I’d like to receive monthly tips and tools on collaboration from The Civic Canopy
      * Yes, sign me up
      * No, I don’t want tools and resources
    - Select if you identify as any of these groups
      * People of the Global Majority/ Person of Color
      * Black or African American
      * Hispanic, Latinx, or Chicano
      * Asian or Pacific Islander
      * White
      * Native American or Alaskan Native
      * Multiracial
      * LGBTQIA+ (the spectrum of lesbian, gay, bisexual, trans, queer, intersex, asexual, gender-variant)
      * Disabled / Person living with a disability
      * Elder (65 + years old)
      * Veteran
      * Other (Please Specify)
    - Please select the language of your heart