

# POWERFUL PARENT CONFERENCE VISUAL REPORT

Organized by:



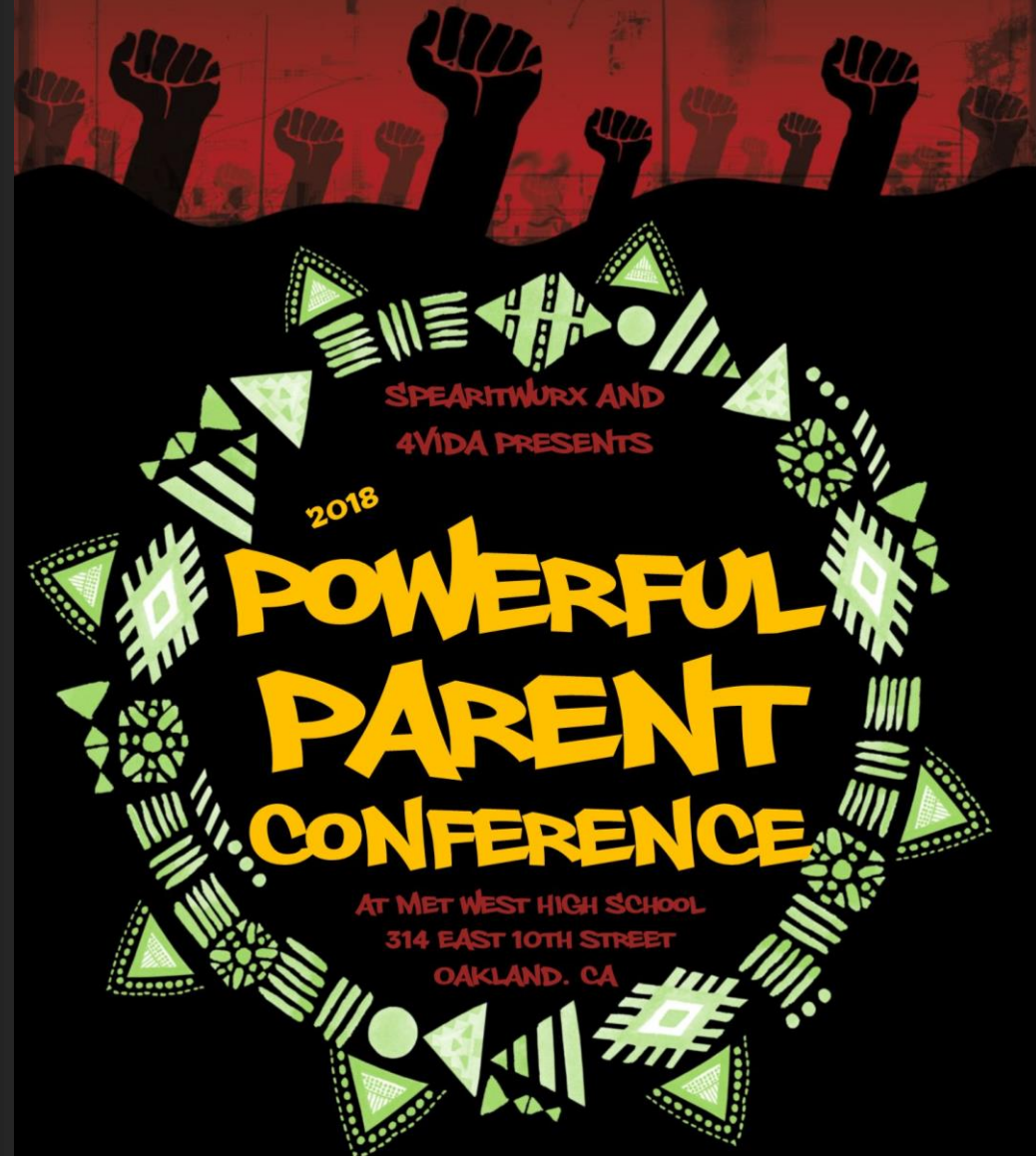
**spearitwux**  
experience. transformation  
[www.spearitwux.com](http://www.spearitwux.com)

In Collaboration with:




COCREATORS

**BUILDING SAFETY SUSTAINABILITY &  
SOLIDARITY IN BLACK & BROWN FAMILIES!**



**SATURDAY MARCH 3 2018 9AM-4PM**



Overview  
Community Highlights  
Opening Ceremony  
Keynote Speech  
Workshops &  
Participant Reflections  
Panther Powerful  
Playground (childcare)  
Vendors  
Shout Outs

**WHAT YOU WILL SEE HERE**



# OVERVIEW





# THE ORGANIZERS

*::Left to Right::*

**Sergio Arroyo  
& Prishni Murillo**

(of 4Vida)

and

**Mizan Alkebulan-Abakah  
& Sizwe Andrews-Abakah**

(of Spearitwurx)





# THE FLOW OF THE DAY

9:00-9:30	Registration, Breakfast & Vendor Fair
9:30-10:00	Opening Prayer & Welcome Remarks Danza Azteca de Anahuac – Honoring 4 Directions & Water 4 Vida & Spearitwux Pink Panther Sorority
10:00-10:15	Keynote Address Tina Bathsheba Harambe
10:30-11:45	Workshop Session One: Safety
11:45-12:30	LUNCH & VENDOR FAIR
12:45-2:00	Workshop Session Two: Sustainability
2:15-3:30	Workshop Session Three: Solidarity
3:30-4:00	Closing Gratitude Ceremony & Raffle





# THE NUMBERS

82 PARTICIPANTS

32 PRESENTERS

19 Community Organizations,  
Artists & Small Businesses As  
VENDORS

29 CHILDREN In The Panther  
Powerful Playground

6 INFANTS and Toddlers

12 VOLUNTEERS

Infinite Blessings!





A video frame showing two men at a community event. The man in the foreground is wearing a white blazer, a white baseball cap, and a red t-shirt with 'I AM A' visible. He is holding a cup and gesturing with his hand. The man in the background is wearing a white shirt with a large eagle graphic, a beaded necklace, and a headband, and is holding a wooden staff. There are plants and a building in the background.

# Community HIGHLIGHTS

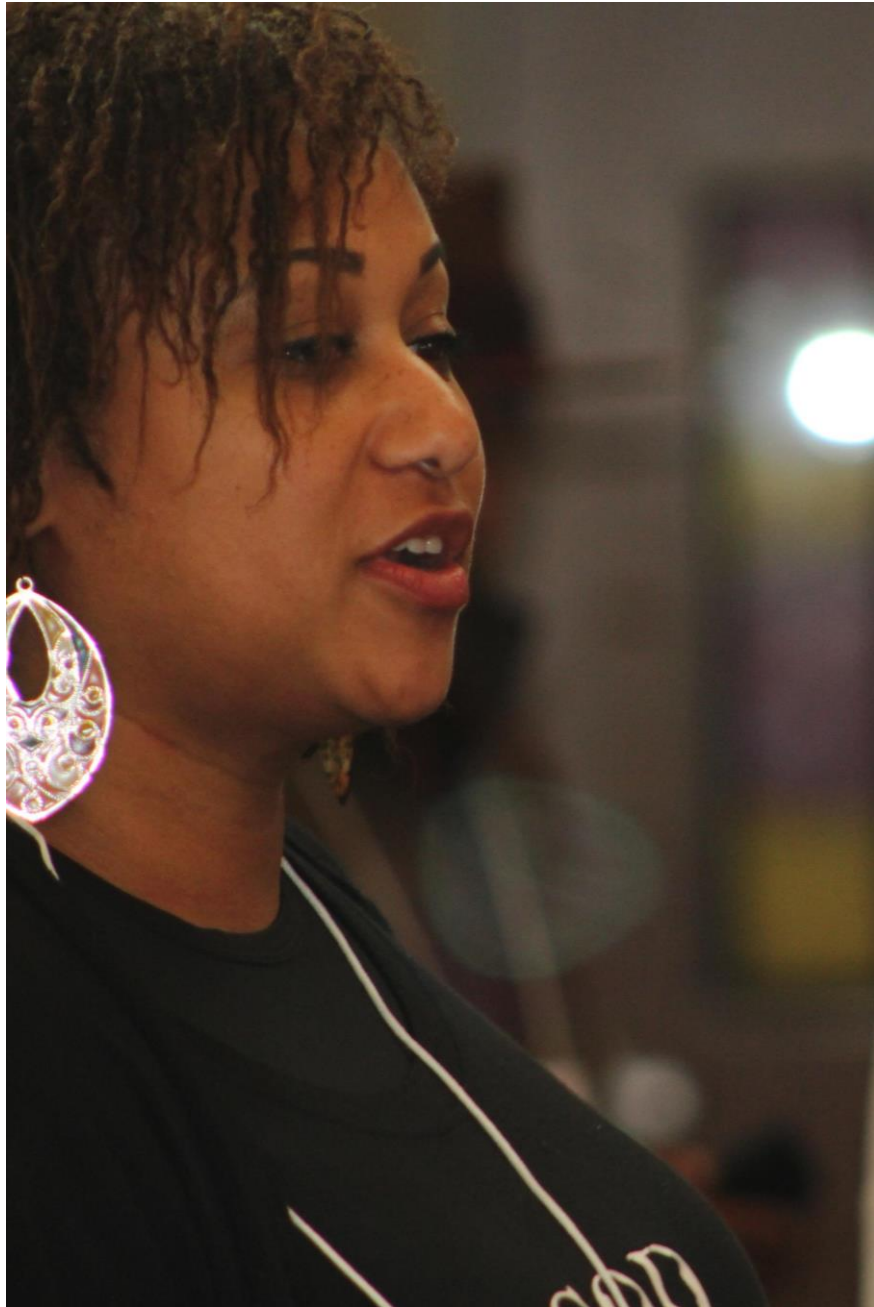














A group of people, including a man and a woman in the foreground, are wearing traditional Aztec costumes with large feathered headdresses. They are standing in a room with red and yellow walls and potted plants. The text "OPENING CEREMONY" is overlaid in large white letters.

# OPENING CEREMONY

Danza Azteca de Anahuac - Honoring 4 Directions & Water  
Pink Panther Sorority | Spearitwux | 4Vida

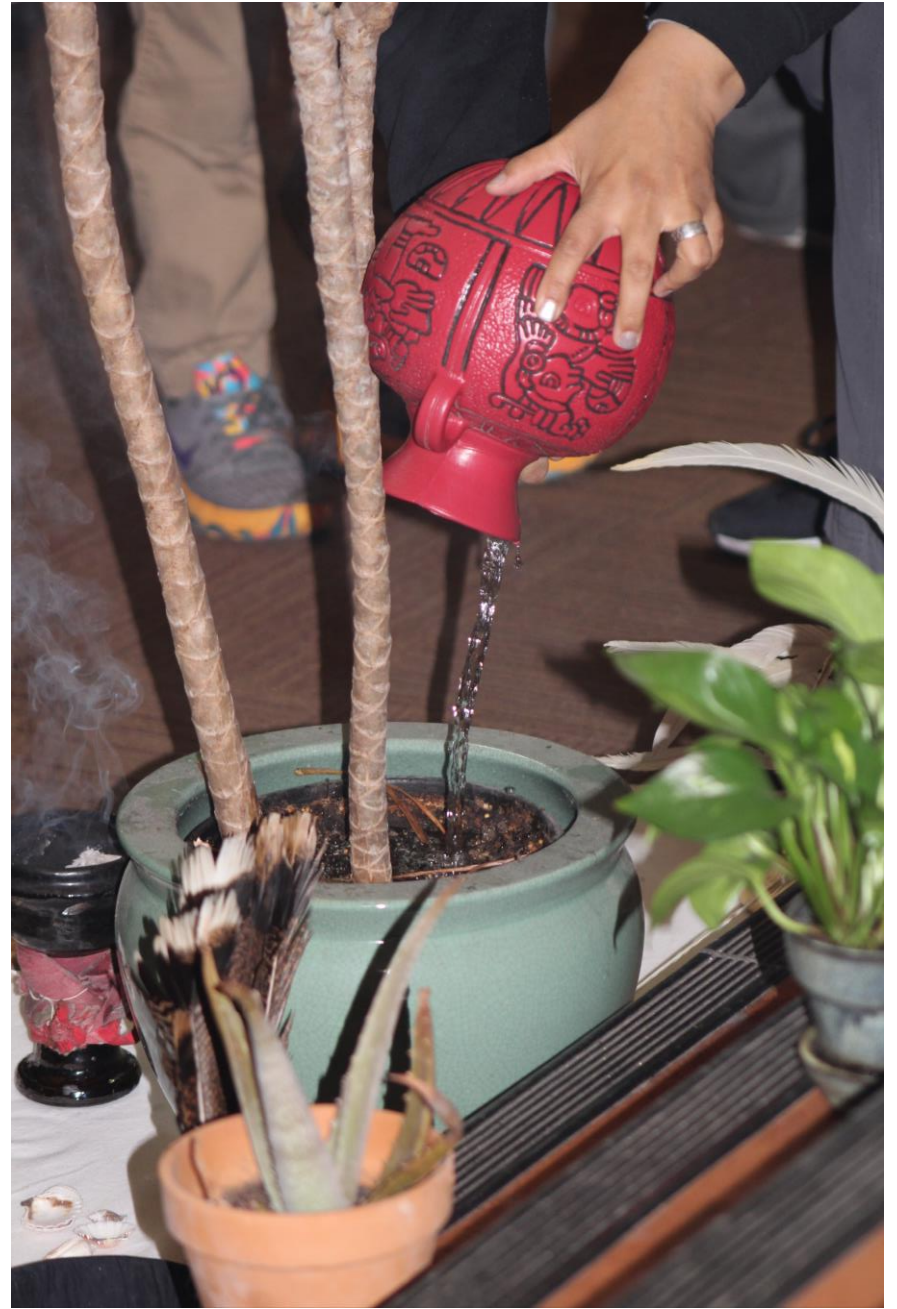


















# PARTICIPANT REFLECTIONS ON THE OPENING CEREMONY

*"The beginning ceremony was beautiful. It spoke to my spirit and set the tone for the day"*

*"What was most memorable was seeing a room full of beautiful black and brown families together, learning together, building together, and strengthening our solidarity as a community that faces many of the same struggles. "*

*"[I liked] The spirit of community and fellowship of black and brown people under one roof."*

*"The opening was amazing"*

*"I loved the Ritual Welcome!"*





A close-up, profile shot of a Black woman with her hair wrapped in a grey turban. She is wearing a dark sweater with a yellow and white geometric pattern. Her mouth is open as if she is speaking or shouting, and her hands are raised in front of her face, with fingers pointing upwards. The background is a plain, light-colored wall with a window visible on the left side.

# KEYNOTE ADDRESS

Tina Bathsheba Harambe











# PARTICIPANT REFLECTIONS ON THE KEYNOTE ADDRESS

*"I enjoyed the entire conference . . . the keynote speaker set the tone for the workshops."*

"I keeping thinking back to what Sista Bathsheba said about celebrating being a parent and have told others about it. I love y'all so much!"

*"I loved the intentional grounding at the beginning!"*

*"So much power and wisdom...just great!"*





# WORKSHOPS

COMMUNITY CRISIS  
RESPONSE TEAM  
COMMUNITY CRISIS  
RESPONSE TEAM





# SESSION ONE: SAFETY

## Hodari Davis & Candice Antique

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# "YGB AT HOME"



# PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from YGB at HOME that you will implement within your household?”

*“Building Principles to guide children.  
Rights of passage.”*

*“Having our youth learn the African  
pledge and hang a big pic in their room!”*

*“We have got to use our culture  
as a tool. I love this- Thank you!”*







# SESSION ONE: SAFETY

## Gayle Madyun

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### "PROTECTION SHIELDS"



## **PARTICIPANT REFLECTIONS**

**“What is one skill/lesson you gained from Protection Shields that you will implement within your household?”**

***“How to follow spirit and not rush.”***

***“I will put up my shield at home by my altar!”***

***“Hope”***

***“This was such a powerful excise in culture, spirit & intention...thank you!”***







## SESSION ONE: SAFETY

Pauline Haynes, Yah Mz Jahi,  
Robert Castro, & Asara Tsehai

**"INTERGENERATIONAL WISDOM"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Integrational Wisdom that you will implement within your household?”

*“Examining why I parent the way that I do. Looking at the historical reasons, in my own family and in the community at large. Checking to see if those strategies are still effective.”*

*“I’ve learned to be more conscious of the energy and intention in my words and interactions with my kids”*

*“Strive to keep the lines of communication always open between generations”*







# SESSION ONE: SAFETY

Falilah Aisha Bilal

**"C.A.R.M.A. COMMUNICATION"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from C.A.R.M.A. Communication that you will implement within your household?”

*“Be mindful of how my words/voice are perceived by those who hear it”*

*“Being mindful of what we are communicating to our kids with body language and tone of voice specially when we are not upset.”*

*“Transformation and/or a deep critical analysis of what we hear from the way we grew up”*

*“Being more attentive”*







# SESSION ONE: SAFETY Community Ready Core

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## "CONCRETE SELF DEFENSE FOR CONCRETE CONDITIONS"



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Concrete Self Defense for Concrete Conditions that you will implement within your household?”

*“Situational awareness and preparedness”*

*“Awareness, tactful ways to handle situation”*

*“It was great to be active and think about all the ways I can protect myself and my family when different situations arise.”*







# SESSION ONE: SAFETY

Peps & Ruben Leal

**"COMMUNITY SAFE KEEPING-  
STREET MEDICS"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Community Safe Keeping-Street Medics that you will implement within your household?”

*“There were a lot of realistic scenarios. For me, I will develop a phone tree among my neighbors for security purposes.”*

*“I really enjoyed the workshop with Peps on Safety!”*

*“Leadership” “Awareness”*



*“I’m more aware so I can keep my family safe & together”*







## SESSION TWO: SUSTAINABILITY

### Kanchan Hunter

**"CREATIVE URBAN GARDENING  
WITH YOUR FAMILY"**



## PARTICIPANT REFLECTIONS

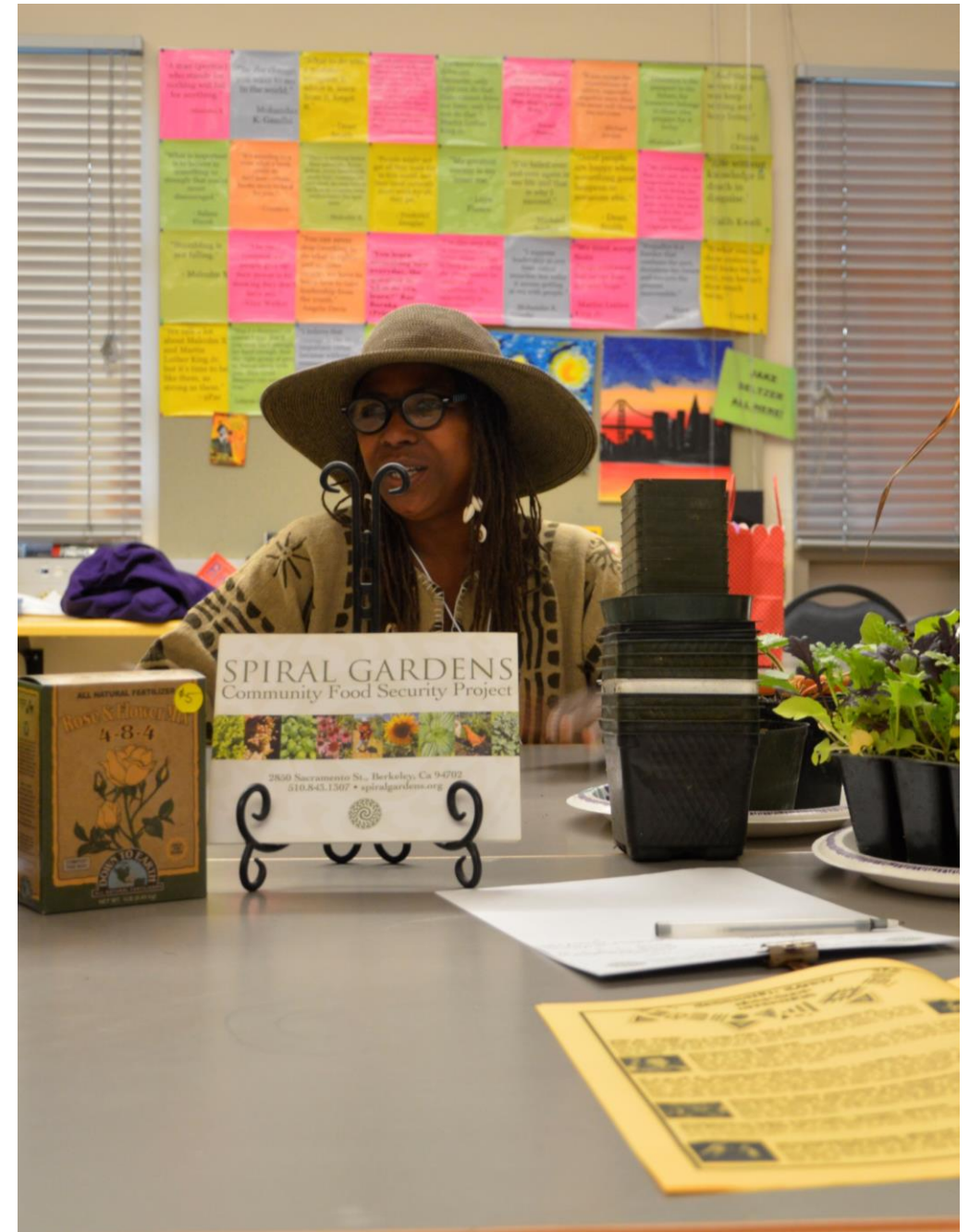
“What is one skill/lesson you gained from Creative Urban Gardening with your Family that you will implement within your household?”

*“I’m excited to grow our own food!”*

*“What a blessing, so much resources and good information”*

*“I gained a lot of resources that I can use later”*

*“Importance of our food and urban ecosystem”*







SESSION TWO: SUSTAINABILITY  
 Marlen Sanchez & Ruben Leal

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**"CURYJ- WHEN WE HEAL OUR  
 FAMILIES HEAL"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from When we Heal, Our Families Heal that you will implement within your household?”

*“Honoring ourselves as community members and parents. Being mindful in response to family members.!”*

*“Different questions to ask my youth about their day at school.”*

*“To look at things from a broader perspective”*



*“Love Yourself and each other”*







## SESSION TWO: SUSTAINABILITY

Chris & Celana Ahtye Pearson

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### "EVERYDAY SUSTAINABLE SELF CARE"



# PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Everyday Sustainable Self Care that you will implement within your household?”

*“I learned about points on the body to aid in various ailments and how to do self healing and healing work on others”*

*“Placing a higher value on self-care.”*

*“Body scan and releasing of Where we are holding our stress”*

*“Wellness is a family goal:)”*







## SESSION TWO: SUSTAINABILITY

Kai Brown Nortey & Neenuh Nortey

**"SUSTAINING WEALTH:  
ENTREPRENEURIALISM IN THE FAMILY"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Sustaining Wealth- Entrepreneurialism in the Family that you will implement within your household?”

*First off, I hella wish learning about entrepreneurialism and finances were talked to me more as I was growing up. It took many bumps on the road and by the grace of god for me to be somewhat stable. It was super dope to get this option at this event. Everything said was right on and something as an educator / artist yearn. Because nobody talks about this. I would love to be my own boss one day and learn about this topic more.”*

*That there is money out there for black and brown business endeavors! [Crowd Sourcing]*

*“Connection and sharing resources within our black and brown communities.”*







## SESSION TWO: SUSTAINABILITY

Angela Aquilar, Alejandra Olguin, Andrea Ruizquez & Sumiyyah Franklin

**"BRINGING BIRTH BACK TO THE PEOPLE-  
NORMAL BIRTHING AND FAMILY CARE"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Bringing Birth Back to the People- Normal Birthing and Family Care that you will implement within your household?”

*“I enjoyed connecting with all the wonderful women, mothers, aunties, grandmas, caregivers. I felt enveloped by their love and warmth.”*

*“The presenters were all brilliant, very insightful but also very transparent which was refreshing.”*

*“[I appreciated that there were] Midwives/doulas who led one of the sessions” .*







## SESSION TWO: SUSTAINABILITY

Trina Green Brown

### "PARENTING FOR LIBERATION- HEALING INTERGENERATIONAL TRAUMA IN BLACK COMMUNITIES"



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Parenting for Liberation- Healing Intergenerational Trauma in Black Communities that you will implement within your household?”

*“I’ve learned to work on not repeating the patterns inter generational trauma has created within my family”*

*“[I learned] the importance of speaking truth.”*

*“Compassion”*



*“Set Boundaries with draining family members”*







## SESSION TWO: SUSTAINABILITY

Mama Charlotte Hill O'Neal &  
Cuauhtemoc Ollin

**"LAND, RITUALS & TRADITIONS"**



# PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Land, Rituals & Traditions that you will implement within your household?”

*“Learning our history and being grateful and aware to motherland because this is where our belief spirituality and a lot of other things originated from before it was changed and stripped from our ancestors”*

*“Keep rituals alive. Honor the sacredness of the land and of traditions.”*

*“Keep passing down/up the wisdom inherent in rituals”*







# SESSION THREE: SOLIDARITY

Sergio Arroyo & Prishni Murillo

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## "DE-COLONIZING LA FAMILIA"



# PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from De-Colonizing La Familia that you will implement within your household?”

*“Where do I start?! First off, these two folks are living legends . . . They are the sh\*\*. I love them and found it so humbling to be part of this workshop. Serg and Prish were able to bounce off ideas from one another so naturally . . . these two collaborate very well. I wanted this workshop to last at least 2 more hours!”*

*“The best lesson was, how we can guide our youth to love who they are and understand where they come from and how that has impacted us to this day.”*

*“To continue teaching our child that he’s indigenous!”*

*“To reclaim who we are and what we identify with”*







## SESSION THREE: SOLIDARITY

Rev. Dr. Alfonso Wyatt

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**"CO-PARENTING SOLIDARITY"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Co-Parenting Solidarity – An Interactive Workshop that you will implement within your household?”

*“Breathing exercise was powerful”*

*“The Reverend sent powerful essays that have helped me reevaluate my thought life”*

*“Being more conscience of having a partner or significant other”*







## SESSION THREE: SOLIDARITY

Durwin Brown

**"MEETING THEM WHERE THEY ARE AT –  
FINDING SOLIDARITY IN THE  
ADOLESCENT YEARS"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Meeting Them Where They Are At-Finding Solidarity in the Adolescent Years that you will implement within your household?”

*“I’ve learned to communicate with my kids in a more supportive manner, using more positive reinforcement”*

*“Identifying what inspired your child (ren) and nurturing it.”*

*“Validate my children, say I'm sorry and listen”*

*“Asking more questions to youth”*







**67 SUEÑOS**



## SESSION THREE: SOLIDARITY

Linda Sanchez &  
Humberto "Beto" Ortiz-Silva

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**"PAPERLESS BUT NOT POWERLESS"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Paperless Not Powerless – Activate Solidarity & Know Your Rights Against ICE and The Police that you will implement within your household?”

*“How to start a family emergency preparedness plan in case of a deportation in the family”*

*“We were presenters and got to meet a police officer. That connection was really interesting and he was very understanding of how POC can perceive them.”*

*“Know your rights”*

*“Love is Power”*



# Solidarity!







## SESSION THREE: SOLIDARITY

RocQuel Johnson

**"PRINCIPLES FOR CONSCIOUS PARENTING –  
FINDING YOUR VOICE IN THE SCHOOL  
COMMUNITY"**



## PARTICIPANT REFLECTIONS

“What is one skill/lesson you gained from Principles of Conscious Parenting- Finding Your Voice in the School Community that you will implement within your household?”

*“It is important to use your voice in your child’s School community”*

*“Being involved as a parent in the school and knowing your rights in order to build on ur child’s education and to help them be successful. Being involved and engaged means gaining knowledge on how to support your child”*



*“Building relationships”*







## **PARTICIPANT REFLECTIONS**

“What is one skill/lesson you gained from Speak Truth to Parents-Youth Solidarity Panel that you will implement within your household?”

*“I really liked hearing from The youth”*

## **SESSION THREE: SOLIDARITY**

Moderated by Rashid Campbell

**“SPEAK TRUTH TO PARENTS-  
YOUTH SOLIDARITY PANEL**



# PANTHER POWERFUL PLAYGROUND

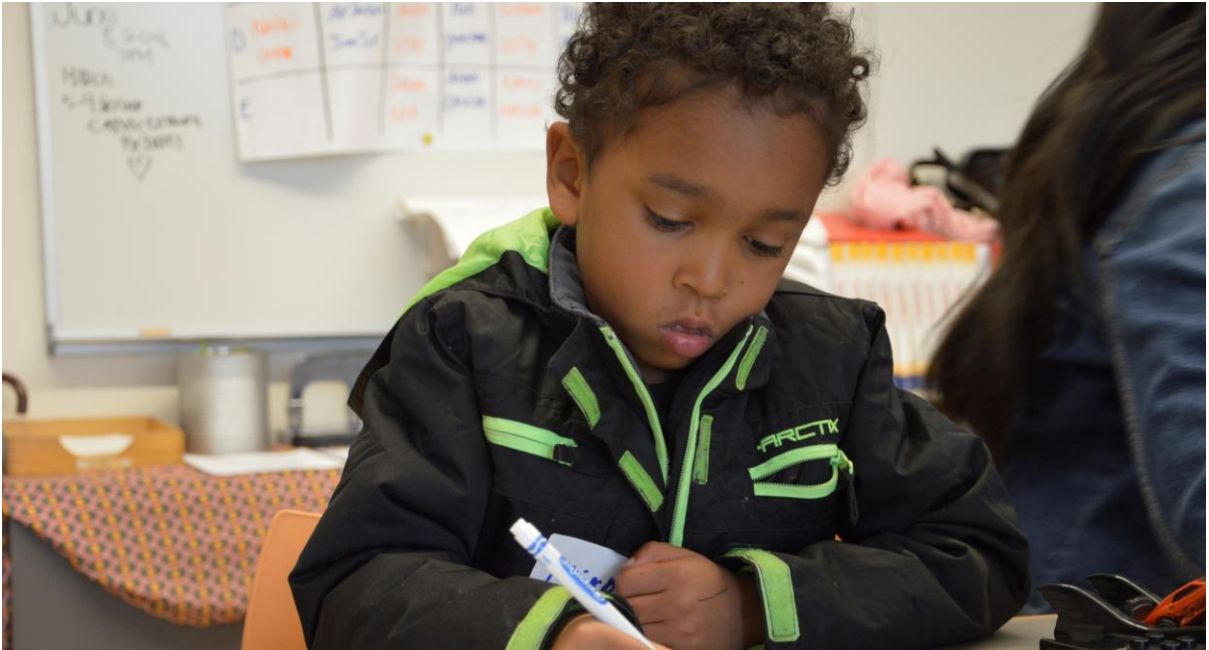
AKA Positive Youth Engagement | AKA Childcare

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# PARTICIPANT REFLECTIONS ON THE PANTHER POWERFUL PLAYGROUND (AKA CHILDCARE)

*"The childcare providers were amazing!"*

*"I loved that they also included lessons aligned with social justice."*

*"I liked the fact that kids had a lesson to learn too, and not just play-even though play was good too"*



*"Pink Panther really knows how to engage! Luv it!"*







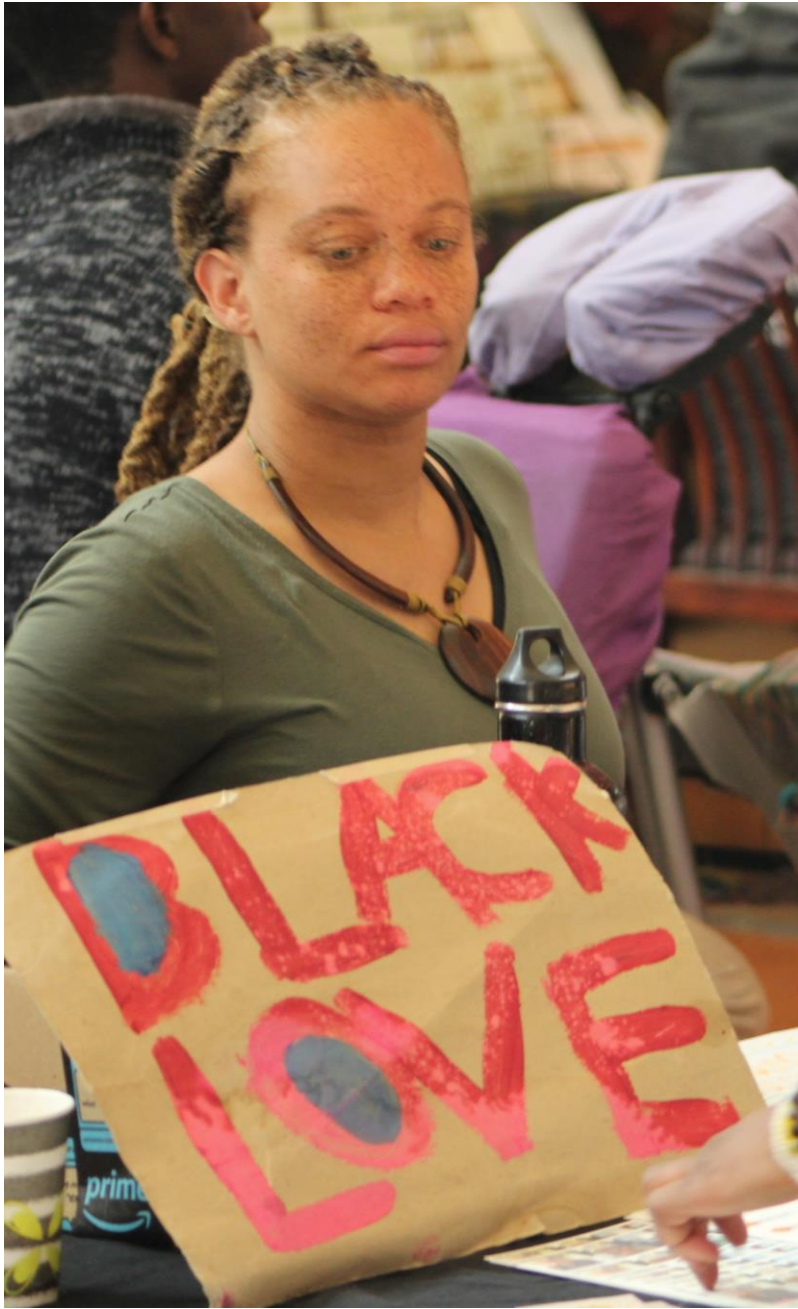
# VENDORS

Artisans | Entrepreneurs | Community Organizations

































Race is a social construct.  
Race is an idea and an ideology.  
Race was created to empower  
wealthy white landowners.  
Race was created to exploit  
labor and steal land.  
While race is a social construct,  
it has real effects on people (i.e.  
White supremacy, racism, etc.)  
White supremacy is a system of  
white power.

- leave the reader with a strong message
- appropriate vocabulary
- good visuals
- connects to real world & real problems
- appropriate pictures

good storyline

truthful, deep  
information  
names or patterns  
language

Treat with  
care!  
Replace  
please!

Treat with  
care!  
Return,  
please!

Treat with  
care!  
Return,  
please!

POWERFUL PARENT  
CONFERENCE  
VENDOR  
**SANKOFA**  
AFRICAN ARTS & JEWELRY  
ELLEN ADYEMAN MANU-SIMPSON







# PARTICIPANT REFLECTIONS ON THE VENDORS

*"I loved the Community Crafts- We are talented People!"*

*"The variety of vendors and their amazing craft."*

*"It was nourishment for me to be in the space with sights, sounds and smells of thriving people of color!"*



*"The vendors and atmosphere was DOPE!"*







# SHOUT OUTS AND APPRECIATIONS



# INFINITE GRATITUDE TO THE FOLLOWING PEOPLE AND ORGANIZATIONS WHO HELPED MAKE THIS HAPPEN!

Pauline Haynes . Shuntelle Andrews . James Andrews . Robin Haynes . Fiyah . Omega . Pharaoh . Saba . Senay . Pakal . Xitlamina . Familias Arroyo y Murillo . Guillermo Chavez . Linda Velarde . Tina Bathsheba Harambe . Yaye . Nyiesha Moncrease . Tamika . Tiarra Knox . Marcus Levy . Kira Howard . Dina Suarez . Shantel Aguilar . Chris Chatmon. Jerome Gourdine . Neha Ummat . Nedra Ginwright . Shawn Ginwright . MetWest Community, Staff, Students & Volunteers . Michelle Deiro . Yvonne Maxwell . Dray Gardener . Delanra Gardener Dr. Phyllis Hubbard . Rafeeah & Jordan Alexander . Robert Castro . Hodari Davis . Candice Antique Davis . Cristian Aguilar . Gale Madyun . Falilah "Aisha" Bilal . Yah Mz Jahi. Asara Tsehai . Peps . Ruben Leal . Kai Brown Nortey . Neenuelh Nortey . Chris Pearson . Celana Ahtye Pearson . Kanchan Hunter . Marlene Sanchez . Trina Greene Brown . Angela Aguilar . Alejandra Olguin . Andrea Ruizquez . Sumiyyah Franklin . Mama Charlotte Hill O'Neal . Cuauhtemoc Ollin . Rev. Dr. Alfonso Wyatt . Rashid Campbell . Ajman Thrower . Alex Pratt . Linda Sanchez . Humberto "Beto" Ortiz-Silva . Durwin Brown RocQuel Johnson . Community Ready Core for Self Determination . Spiral Gardens. Ujima Adult & Family Services . Pink Panther Sorority, Inc. . Prosperity Movement . Determination Men's Group . Partera Midwifery . 67 Sueños . La Clinica de la Raza . National Black Women's Justice Institute . Flourish Agenda . Communities United for Restorative Youth Justice . Edutainment for Equity . Parenting for Liberation . The Catalyst Foundation for Youth Development . Building Blocks For Health & Equity Unit. FHS . Our Family Coalition . Abundant Beginnings . Nueva Luz Birth and Family Care . LifeLong Medical Care . CROWN BIZ . Madow Futur . Booklandia . Latisha Baker Artworks . In the Mix Bakery . Sticks and Stones . Irie Irations . Sankofa African Arts & Jewelry . Empire Cultural Products . Goddess Butter . **And to those we may have missed, you know who you are! Give Thanks! Muchas Gracias!**



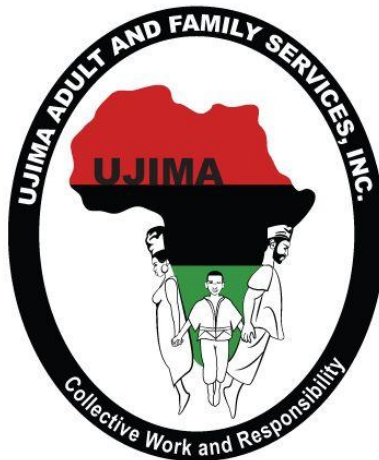


# SHOUT OUT TO THE FOLLOWING FOR THEIR GENEROSITY:

## SPONSORED BY:



## SUPPORTED BY:



## CHILDCARE BY:





# WHO WE ARE: SPEARITWURX

- Youth Programs & Workshops, Training, Consulting, Research & Events
- Founded in 2004 by husband & wife team, Mizan & Sizwe
- Over 25 years experience in education, youth development & health promotion
  - National recognition at Conferences, featured on NPR

Video clip [http://www.pbs.org/newshour/bb/american-graduate/july-dec13/amgrad\\_09-03.html](http://www.pbs.org/newshour/bb/american-graduate/july-dec13/amgrad_09-03.html)



*Our Family December, 2017*

**Our Mission: “To Create Experiences to Transform lives!”**



# QUESTIONS & COMMENTS?

**PLEASE CONTACT:**



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#4Vida



**GIVE THANKS! MUCHOS GRACIAS!**

# **POWERFUL PARENT CONFERENCE**

