




# “Wellbeing Design Challenge”

## MAWOCN Values, Reflections, and Recommendations

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# Meet Your Presenter

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Executive Director at the  
Massachusetts Women of Color  
Network, Inc.

Survivor-leader

12 years in the DV/SA field

Business Administration-  
Concentration in Nonprofit  
Management

Monday-Friday at 5pm- Drive in Silence



# Objectives for this Presentation

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1. Understand the importance of centering the voices of survivors
2. Build upon your previous knowledge
3. Explain MAWOCN's approach to wellbeing in our work
4. Self Reflection
5. Self- Care in the moment; no built in breaks

Take Some Deep Breaths & Set Your Intentions

# Full-Frame Initiative's 5 Domains of Wellbeing

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Social connectedness

Stability

Safety

Access to meaningful resources

Mastery

We need assets in all 5 domains to thrive!



## KEEPING BLACK WOMEN ALIVE

RESPONDING TO INTIMATE PARTNER HIGH RISK IN BLACK COMMUNITIES

JULY 2021

BY THE MASSACHUSETTS WOMEN OF COLOR NETWORK (MAWOCN)



### KEEPING BLACK WOMEN ALIVE

1. SHIFT AWAY FROM OVER RELIANCE ON LAW ENFORCEMENT
2. CHALLENGE/ UNDO THE STEREOTYPES
3. FUND CULTURALLY-SPECIFIC MODELS AND BEST PRACTICES

BASED ON THE REPORT, WE CREATED A COHORT OF 5 BIPOC WOMEN-LED ORGANIZATIONS TO FURTHER THE WORK OF KEEPING BLACK WOMEN ALIVE.

## Meet the Cohort:



### THE CENTER FOR HOPE AND HEALING, INC.

OVER 40 YEARS OF SOCIAL JUSTICE ADVOCACY AND SEXUAL VIOLENCE PREVENTION



### TRANSGENDER EMERGENCY FUND

CRITICAL ASSISTANCE FOR LOW-INCOME AND HOMELESS TRANSGENDER PEOPLE LIVING IN MA.



### BROOKVIEW HOUSE

HELPING COURAGEOUS MOMS LIFT THEIR CHILDREN OUT OF HOMELESSNESS



### LOVE LIFE NOW FOUNDATION, INC.

HEARTS AND HANDS RAISING AWARENESS AGAINST D.V

### YWCA OF CENTRAL MASSACHUSETTS

IS ON A MISSION... ELIMINATING RACISM, EMPOWERING WOMEN

# MAWOCN Values

- 1. Authentic Connection
- 2. Imparting History & Knowledge
- 3. Storytelling
- 4. “Lifting As We Climb”
- 5. Sharing Power
- 6. Community Building
- 7. Community Care
- 8. Fostering/Encouraging Thriving
- 9. Radical Self-Preservation
- 10. Collective Liberation

# Inviting Invitation

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## Invitation:

- Culturally specific services are created **by and for specific cultural communities** with an emphasis on the voices and experiences of that community to create the best possible services for them.

## Inviting:

- Shift from **Cultural Competency** to **Cultural Humility**
- Share power
- Create the atmosphere
- Compensate when possible
- Be flexible

# How do we center communities?

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Involve the community in defining and addressing service needs

Facilitate learning between providers and communities

Listen

Transparency & Clarity

Undo your bias and foster a culture that welcomes culturally-specific programming

Intentional Hiring and Training

Create respectful and meaningful relationships with culturally-specific programs

Create respectful and meaningful subcontracts

Structure and orderliness



# How do we center communities?

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Slow and Steady

Do away with or explain the jargon and acronyms

Respect the complexities in culture and language interpretation.

Empower others

Invite criticism, feedback, and input

Be accountable

Resources for support

Honesty

Solicit Recommendations

Continue to check in

# MAWOCN Appreciates Your Intentionality and Continued Learning!

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## Keeping Black Survivors Alive Toolkit Coming at the End of 2024

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