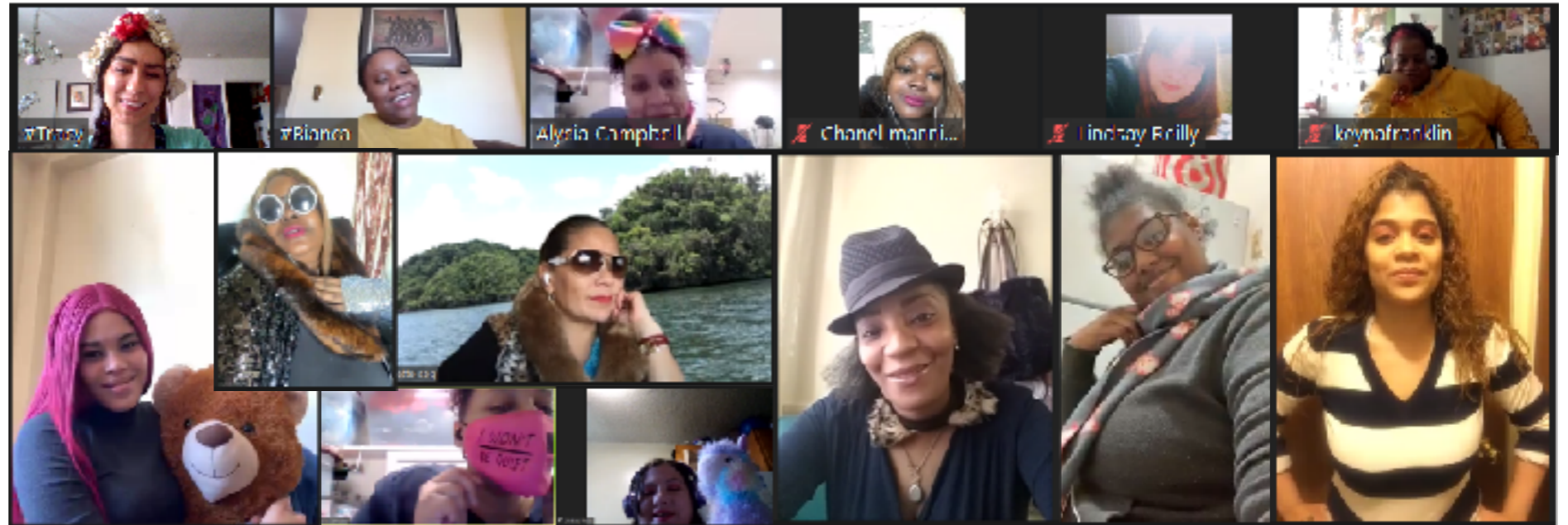




# RISE & SHINE 2021 PROGRAM REPORT

## What Is Rise & Shine?

- Our annual parent-led training program for parents impacted by family policing in NYC meets 18 weeks for 3 days/week. Our third class graduated 11 parents in June!
- Writing and public speaking workshop
- Expert speakers on child welfare history and law, parent advocacy, trauma and toxic stress, self-care
- Shadowing and participation in movement-building
- Peer support and collective care



## Q: What did you learn from Rise & Shine?

- “To be passionate, to know your topics and history, to understand yourself and others.”
- “To express myself with confidence.”
- “That I am not alone in my thinking and experiences, even in comparison with the presenters and parent advocates in the field.”
- “That to make these changes we have to come together and have a lot of compassion for one another.”
- “That I’m very much capable of anything I put my mind to and that giving people confidence is what the Rise staff does — it’s a beautiful thing!”
- “That there is power in organizing in your community.”
- “That there are many levels to us seeking justice but with the right support nothing is impossible and we will be heard.”

*“Rise & Shine is a team of people with love, respect and understanding, helping people find their inner peace within themselves despite all the hell people have gone through with the system.” - 2021 Participant*



## Q: What were your goals?

- To be educated
- To tell my story and be heard
- To be able to tell my story without being judged
- To express my experience with the system and not just keep it bundled up
- To become a strong writer, speaker, and community advocate. To learn about the family policing system and its roots. To become a community of strong mothers and build meaningful friendships. I met all of my goals!

**100%**

Learned the fundamentals of people power and community organizing

**91%**

Feel confident that they gained the skills to become a community leader and/or a support to peers

**91%**

Felt more confident about reaching other goals in their lives

**100%**

Learned that they can build strong relationships with public officials and have significant influence

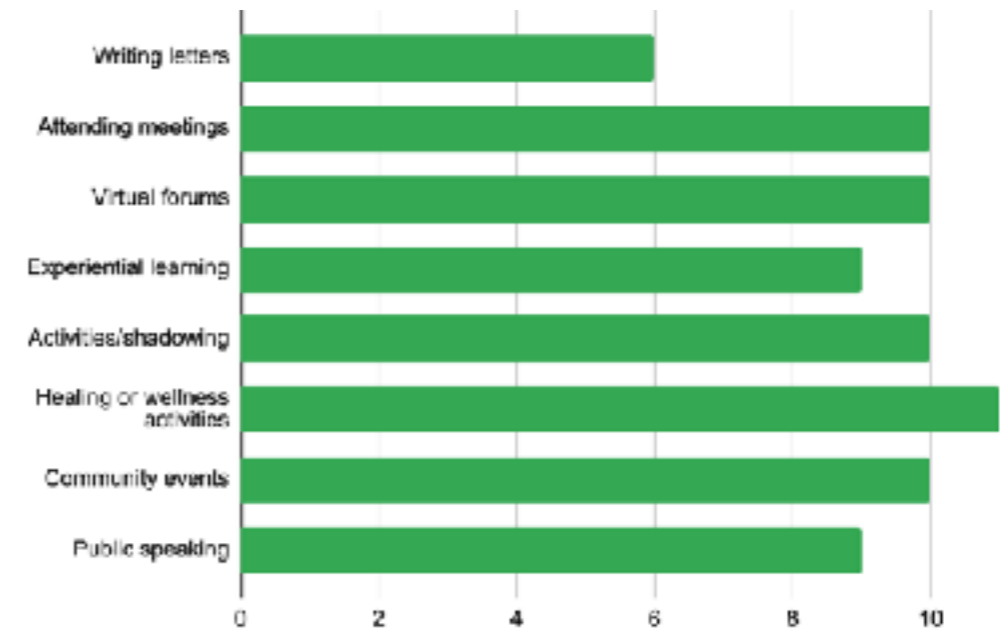
## Healing Together

*“The coping strategies helped me a lot. The writing opened up old wounds and with the help of the staff I was able to not cover them up but actually face them.”*

*“What worked for me was being encouraged and not be scared to tell my story.”*

*“It was very therapeutic for me it took me back on a lot of emotions and feelings I had bottled up inside. I was able to release that, which was part of my healing process.”*

## Q: How did you advocate this year?



*“I learned a lot about myself in the Rise group. I felt extremely excited to tell part of my story and hopefully give other parents hope and faith that there is light at the end of the tunnel, to never give up hope, and to keep fighting for your rights and to get your kids back.”*