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

"I am not the only family that has suffered by the hands of ACS."

"Make a practice to actively listen."

"To be true to my voice."

"To build meaningful relationship with peers interested in doing the same work as you."

"I learned my legal rights and I learned about the history of ACS and how to advocate for change."

Shadowing Opportunity Results

Parents engaged in interactive learning via shadowing and participating in advocacy and organizing opportunities.
**Parent Reflections**

- "Sharing experiences with each other helps us feel less alone and it also teaches us how to deal with future experiences."
- "Be true to your voice, offer your time to those in need, build meaningful relationships with peers interested in doing the same work as you."
- "Be sure to have a supportive network of people that you can trust; do not hold it all inside because that will only cause you additional, unnecessary suffering."

"I am learning to speak my truth, to heal in a safe space and to use community and close relations for support."

**Moving Forward**

"The lessons gave me clarity as to how I wanted to present my story, how it could help move along a cause to assist with changing the child policing system and especially how I can help other affected parents."

"I hope to make a contribution in child welfare through spoken word, knowledge, wisdom and understanding. I hope to continue to reach people of all ages, races and classes."

100% gained coping tools that they plan to use to manage trauma responses in their life or work

100% learned about strategies they can do to bring other child welfare-affected families together to build safe and healthy communities

83.3% feel confident that they gained the skills to become a community leader and/or a support to their peers now or in the future

100% gained a better understanding of how stressors relate to laws, policies and investments in our communities