

F.E.E.D. NARRATIVE OF PURPOSE



F.E.E.D.'S PURPOSE

To improve purposeful relations and engagement in the community through creative interpersonal mental and physical health by integrating conversation, education and the Arts.

WHAT WE DO

We provide a safe, brave space for the freedom of expression through a conversation for transgenerational healing. The programming we provide allows our participants to effectively share their experiences with other participants within our community, in an intimate and judgement free setting. These conversations constitute a sense of community, therapeutic healing and empowerment to all ages and socioeconomic statuses.

PROGRAMMING/ ACTIVITIES

TEENS & YOUTH SERVICES

- **TRUE TALKS: TEEN Experience**
 - An open space that acknowledges the voices of our TEENS. To provide them with a non judgemental and encouraging platform to express themselves.
- **TRUE TALKS: Pre-TEEN Experience**
 - An open space that acknowledges the voices of our pre-TEENS. To provide them with a non judgemental and encouraging platform to express themselves.

WOMEN SERVICES

- **Faith, Career, Wives & Wine**
 - It allows women of like minded experiences to share their truth in a safe and non judgemental space, while decompressing. It also provides a sense of intellectual, spiritual and mental health. Sharing experience, hard times growth and laughter in a communal gathering of women.
- **Winning Down**
 - Taking time for one's physical and emotional well being. Motivation through movement, using dance as a vehicle to inner self awareness.

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- **Sippin Wisdom**
 - Mothers sharing and helping other mothers through their experiences, hardships and accomplishments.
- **Reveal**
 - “A safe circle of women from all walks of life conversing with a true expression of transparency and empowerment.”
- **Birth of Honesty PT. I & II**
 - An intimate safe platform using Zoom. To provide women a chance to speak their truth, and gain empowerment through their personal experiences and the experiences of others. A chance to share laughter, authentic experiences ,wine and great company.
- **Reveal, Reflect, & RESTORE**
 - An intimate safe platform using Zoom. To provide women a chance to speak their truth, and gain empowerment through their personal experiences and the experiences of others. A chance to share laughter, Wine and great company.
- **Women of FIYAH**
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COMMUNITY ENGAGEMENT

- **Wine, Records & Cigars**
 - Positive engagement and safe interaction with others while embracing the sound of a forgotten art, listening to the entirety of an Artists work. Finding an appreciation for the things that take time, Wine Records and Cigars.
- **You n Me Vision Tree**
 - You & Me VISION TREE is a space that brings parents/adults and children together to creatively share and indulge in an empowering experience!! The objective is to develop a vision board that elaborates and begins to make dreams a reality. To encourage and spark a passion to accomplish and surpass goals! An exchange (of visions) between the youth and adults sharing an unforeseen approach to the other's future.
- **Couples Experience Night**

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- A night to remember in the comfort of your own homes!! A couple's night of Black Love, filled with fun games, laughter, and conversation. Engaging with couples virtually from screen to screen and city to city.