



## July 2022 Newsletter

### Special Announcement: Mothers Against Violence National Conference 2022



### MJE at Red Sox Community Day!







## Workshop Highlights

### Youth Department

#### Young Parents Program



MJE's Young Parents Community Cohort completed their 8-week series on 07/26! The young parents' week series was divided into two cohorts: one cohort designed to teach the curriculum in Spanish for native Spanish-speaking young parents and one cohort designed to teach the curriculum in English. To end the 8-week workshop series, the MJE team curated an in-person celebration for all the participants to participate in Healing through the Arts activities, reflection, and meet other young parents!

#### MJE's Youth Peer Leadership Park Rally Event!



This summer the youth at MJE has worked diligently to put together a community event and bring awareness to community violence. We are inviting partners, participants, and families to join us on **Thursday, August 11th from 11 am - 2 pm at Franklin Park**. The event includes guest speakers, performances, activities, raffles, and food!

#### Second Chance



Enrolling admission to the Second Chance Program that focuses on individualized mentoring and support with job placement, career exploration, essential needs and more.

## Health and Wellness Department

### Summer Yoga



MJE members having a trauma-informed yoga session in Franklin Park

### Food Donations



MJE W/Mattapan Community Health Ctr. distributing Fair Food bags.

### A Walk in the Park with MJE



MJE & the community walked together at Almont Park in Mattapan.

## Adult Education Department

### Empowerment Chats

**July Empowerment Chat****MENTAL HEALTH IN THE WORKPLACE**

Oneka and Kyra focused on the topics:  
1:How Mental Health affects Professional Boundaries,  
2:How Sleep affects your job performance,  
3:How mental health affects work productivity,  
and  
4: The benefits of researching your employers' benefits.

[HOME](#)

The MJE Adult Education July 2022 Empowerment chat series was geared toward Mental Health In The Workplace. Oneka and Kyra focused on the topics: 1:How Mental Health affects Professional Boundaries, 2: How Sleep affects your job performance, 3:How mental health affects work productivity, and 4: The benefits of researching your employers' benefits. Clients were given take away activity at the end of the workshop by email that was designed to help them focus more on the topic discussed and create an action plan that was personalized to their individual lives.

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