EMPOWERED LEARNING
by Joana Arcangel, consultant and Chase Arcangel, guest writer (10 years old)

I am extending greetings from California to everyone, sharing this final issue of the Finding Our Voice Together newsletter: PDF layout edition. It’s been quite a journey of putting together key pieces throughout the year, including highlighting individual Core Gifts, NEC’s Signature Gift, upcoming & past webinars, community voices, and dialogue around diversity, equity, and inclusion.

I am proud to present my son’s writing in the following page. Chase is 10 years old and is an advocate for many issues that include neurodiversity, youth empowerment, and disability rights. As we work together, it gives me great joy to be able to not only share consulting work with him, but to see how engaged he is in learning about ideas around connecting, empowerment, emotions, and building community. I am proud of his empathy for others, and of seeing his leadership & communication skills blossom.

Chase is supporting the creation of Emotional CPR (eCPR) for Kids ages 5-11 years old, joining in meetings to contribute as a peer of this specific age group.

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EMPOWERED LEARNING
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I learned about Emotional CPR from my mom and the National Empowerment Center. I learned that it is connecting, empowering, and revitalizing. I think that eCPR is a great way of understanding other people’s emotions. I also think that it is a tool to help us be more empowered about having different thoughts and feelings.

I think that it is important for kids to learn about connection and empowerment because it can make them feel better about how they feel. I also think that they can learn that they have different strengths. It feels great for me to be involved in meetings and working with my mom because I can understand eCPR better. Being in those meetings helps me better understand my autism because I know that I can have different emotions and that I have support. It helps my relationship between me and my mommy because we can understand how each other feels and that we can support each other during tough moments.

My goal to help create a training for kids is that I want to help other kids feel empowered about their thoughts and emotions, and that they learn more about themselves and others. I also want them to understand how our big feelings can be important to us.

It is important for parents and kids to talk about their feelings because they can understand each other’s thoughts and how they might feel about it. I also think that if kids talk to their parents about their emotions, if they have an unpleasant emotion, they can feel better about it. Kids talking to their parents about their feelings can help them have more support.

NEC’S YOUTH COORDINATOR FELICITY KRUEGER

MY CORE GIFT IS HELPING OTHERS TO CREATE A WORLD THAT ALLOWS PEOPLE TO FULLY EXPRESS THEMSELVES.

I give it by helping them to feel safe both emotionally and physically, stand strong in their morals even if others don’t understand, and pass on what they’ve learned about the world.

Felicity Krueger is a 20-year-old youth leader with lived experience from rural Kentucky. Felicity’s journey started out young when she was adopted out of the foster care system as a toddler. She struggled a lot in her youth with anxiety and PTSD; she found recovery in finding her own voice through her advocacy. She is a Board member of Youth MOVE National, and the youngest Emotional CPR (eCPR) trainer. Felicity is active in the youth mental health world creating curriculums, presenting, and just being a support for other youth peers. As a camp counselor, she addresses behavioral issues while promoting fun, safety, and inclusivity.
LEADERSHIP SPOTLIGHT: Juliet Doris-Williams

by Kimberly D. Ewing

Check out Kim’s interview with Juliet Doris-Williams, Executive Director of the PEER Center in Columbus, Ohio

"The thing I learned was showing up authentically..."

Click here for organization's website

Click here to view video

Highlights: eCPR Community of Practice in Spanish in Los Angeles
Emotional CPR (eCPR) Training for BIPOC Communities

United Way of Central Indiana

Special thank you to United Way of Central Indiana and Bryan G. Ball, B.S., CPAC I, OWDS, MHFA, MAIO for hosting our first Black, Indigenous, People of Color (BIPOC) Emotional CPR Training Study. NEC will be conducting these free trainings while they last.

Flanner House, Indianapolis, Indiana

"The course teaches the skills of connecting and walking with others as they work through the challenges in their live. It teaches us how to listen for context and meaning so that we can ask the right questions to someone who is attempting to gain more clarity in their life."

"Thank you for EVERYTHING! Meeting you yesterday was a blessing, joy, honor, and pleasure! Being with you and my United Way of Central Indiana colleagues was so awesome. Thank you for allowing me and the other participants to express our inner emotions. In my almost 30 years, I’ve never had the opportunity to open up in front of a caring group. I learned so much from you and your techniques. The gifts (along with the certificate) are appreciated."

- Jeffrey Wilson

Special thank you to The Flanner House, Bwana Clements, MSW and Dr. Brandon D Cosby for hosting our second Black, Indigenous, People of Color (BIPOC) Emotional CPR Training study. This training was so heartfelt and life-changing for so many.
SPECIAL THANK YOU FROM KIM’S COFFEE HOUSE
THIS EVENT WAS NOT RECORDED.

HOSTED BY: Oryx Cohen, CEO, and Kim Ewing, Director of Training and Engagement

THANK YOU FOR THOSE THAT ATTENDED KIM’S COFFEE HOUSE ON DECEMBER 14TH. YOU WERE PART OF CREATING A BEAUTIFUL BRAVE SPACE WHERE PEOPLE FROM MANY DIFFERENT BACKGROUNDS WERE ABLE TO COME TOGETHER AND SUPPORT EACH OTHER, A MODEL OF COMMUNITY CONNECTION THAT WE HOPE SPREADS! HOPE TO SEE YOU THE NEXT TIME THE COFFEE HOUSE OPENS!

SPECIAL THANKS TO SHONTELLE PROKIPCAK FOR THE LOVING KINDNESS MEDITATION.

PAST WEBINAR
Creating Sustainable Community Partnerships
PRESENTER: Alisha Rojas Harrison

WEBINAR RESOURCES
• Recorded live webinar
• Sample values proposition and mission
• Presentation
Can you find the words hidden in the puzzle?

Word Search:

Can you find the words:

CONNECT
EMPOWER
REVITALIZE
LEARN
NEW YEAR
RESONATE
CANDLE
COMMUNITY
GIFTS

Word Search:

C A N L O E M T A P E R Y
O M X D P M H F H O P E N
N S P I C P G N L S I V R
N L O U A O I E R N S I O
E M W Y N W T X U A R T G
C I S J R E S T E A E A K
T Z T B L R M L R R S L I
N E L F E O D N A C O I S
O R E S C N A O E T N Z T
S P L R A E I S L N A E F
E D F C O M M U N I T Y I
R N E W Y E A R R X E C G