

# Virtual Breather Resources

## June 11 session:

- [Reasons Why Using Lemongrass Essential Oil Benefits You](#)

## June 23rd session:

- [The Dad Gang](#)
  - Defying stereotypes, shattering myths, and celebrating Black fatherhood every day.
  - [Deaf, hard of hearing and DeafBlind orgs](#)
  - [The Dad Gang by state](#)
- [Amani Women's Center](#)
  - A one-stop safe haven for refugee women of all cultures, who are seeking a space for spiritual, mental, and physical healing.
- [The National Compadres Network](#)
  - The mission of the National Compadres Network is to strengthen and re-root the capacity of individuals, families and communities to honor, rebalance, and redevelop the authentic identity, values, traditions *and indigenous practices of Chicano, Latino, Native, Raza and other communities of color as the path to the honoring of all their relations and life-long well-being.*

- [The Alma Center](#)
  - The Alma Center works to heal, transform, and evolve the unresolved pain of trauma that fuels the continuation of cycles of violence, abuse and dysfunction in families and community.
- [Black Women's Blueprint](#)
  - We work to place Black women and girls' lives, as well as their particular struggles, squarely within the context of the larger racial justice concerns of Black communities.
- [Victim Assistance Program](#)
  - We are here to help you navigate through the aftermath of victimization or trauma.
- [Freeform](#)
  - We envision a world where survivors have sustaining income, savings and credit with which to build wealth and the resources to support individual, intergenerational, and community healing.
- [Freedom, Inc.](#)
  - Engages low- to no-income communities of color in Dane County, WI. Our mission is to achieve social justice through coupling direct services with leadership development and community organizing.

- [Court Innovation](#)
  - Seeks to create a more fair, effective, and humane justice system.
- [The Audre Lorde Project](#)
  - is a Lesbian, Gay, Bisexual, Two-Spirit, Trans and Gender Non-Conforming People of Color community organizing center, focusing on the New York City area.
- [SASHA Center](#)
  - Focuses on educating the public, raising awareness and providing support to self-identified survivors of sexual assault. All support groups are free of charge and confidential.