Virtual Breather Resources

June 11 session:

• Reasons Why Using Lemongrass Essential Oil Benefits You

June 23rd session:

• The Dad Gang
  o Defying stereotypes, shattering myths, and celebrating Black fatherhood every day.
  o Deaf, hard of hearing and DeafBlind orgs
  o The Dad Gang by state

• Amani Women’s Center
  o 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
  o 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**
  
  o 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**
  
  o 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**
  
  o We are here to help you navigate through the aftermath of victimization or trauma.

• **Freeform**
  
  o 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.**
  
  o 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**
  
  o Seeks to create a more fair, effective, and humane justice system.

• **The Audre Lorde Project**
  
  o 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**
  
  o 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.