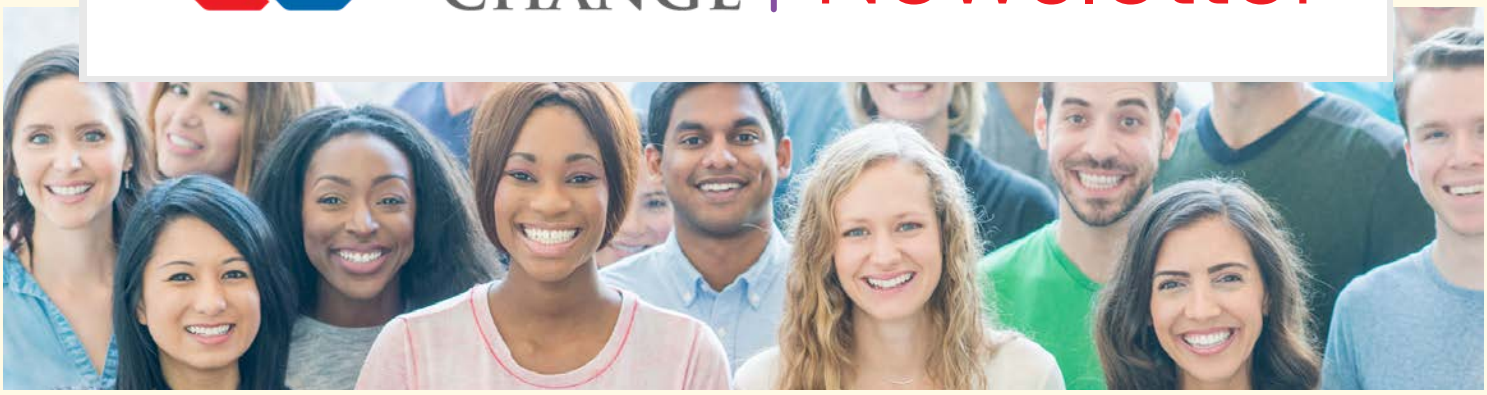
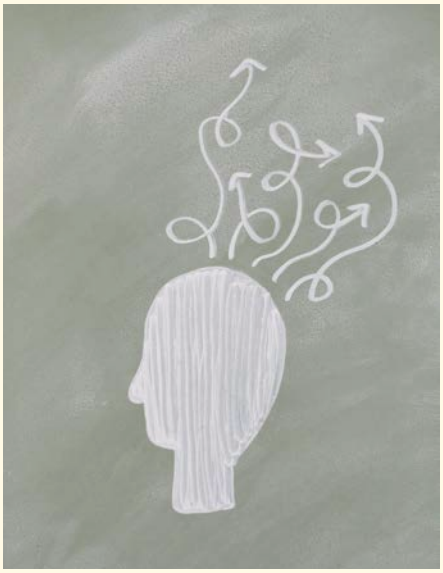
Center for SOCIAL CHANGE

OCTOBER Newsletter



Maintain focus with ADHD

- Try Pomodoro technique - it involves breaking down your tasks and allowing breaks in between them.
- Practice attentive listening - try to fully focus on what the other person is saying. It is like a gym workout for the brain and in time it makes focusing easier.
- Find a relaxation technique that works for you and make it part of your day.
- Discover more ways to improve your focus with the tips and tools from PsychCentral.



- Create your organization's profile on Guidestar to attract potential donors or discover other nonprofit partners.
- Use Canva and it's wide variety of branding tools and customizable templates to create compelling visuals for your social media channels.
- Know your goals and keep learning and improving as you go! And get inspired by this comprehensive guide to nonprofit marketing on Hubspot.

FOLLOW OUR JOURNEY

Practical Progress

by Maya Arden, EsoTerra

WE NEED RADICAL LEADERS

Where is systematic oppression hiding in your organization's policies, procedures, culture, and expectations? The leaders and teams most committed to anti-oppression work are those relentlessly questioning traditionally unquestioned practices and the belief systems behind them.

We have a long way to go before we totally remove oppression from our movements. We too have been raised by a system of bias. It is braided into the strands of our decision-making. It is cunning, often silent, and oh-so habitual. And we are also negotiating our survival with the very system that says this exploitation is not a problem.

This is not easy work. It is vital work. We need leaders with grit and radical self-awareness like never before. Question the 5-day work week. Question your fundraising tactics. Question where oppressive moralism ("shoulds"), and dogma ("musts") live. And don't stop questioning until you have found the liberating solution.

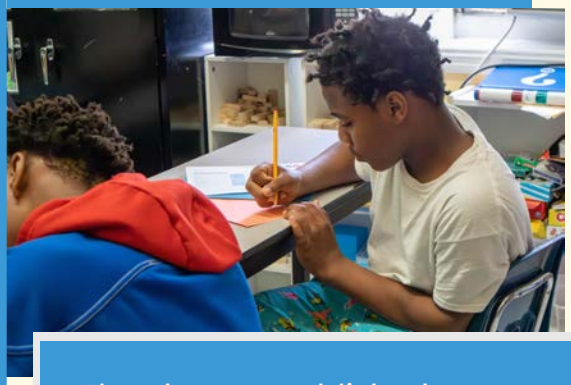
DASH FOUNDATION

COMMUNITY highlight

DASH Foundation provides teens and young adults, primarily those from foster care, with experiential learning opportunities and resources that educate, develop, and support their personal and professional development.

They are a therapeutic empowerment network that transforms the minds and behaviors of vulnerable and at-risk communities into the S.M.A.R.T. D.R.E.A.M.S. lifestyle.

They partner with local businesses and nonprofits to empower young adults to engage in services that develop, and support their personal & professional growth in order to achieve personal confidence, self-sufficiency, and financial freedom.



They have established a one-of-a-kind state-wide experiential learning network that focuses on building & developing the following core areas:

- Housing with wrap-around services
- Behavioral and mental health services
- Life skills training
- Health and wellness access
- Entrepreneurship and workforce development
- Peer support specialist development
- Foster/Adoptive recruitment for teens
- Creating safer communities
- Homeownership programs and opportunities

Learn more & connect with DASH Foundation

Inspiring Events

Kid's Therapeutic Art by Artist Faride Chedraui

Tue, Oct 10 | 5pm - 6.30pm
Miami Art Club
7795 West Flagler St
Miami FL 33144

Urbanism Summit 2023

Tue, Oct 17 | 9am - 3.30pm
Miami Design District - Paradise Plaza
1151 NE 41st St, #3547
Miami, FL 33137

3rd Annual Domestic Violence Awareness Walk

Sat, Oct 21 | 7.30am - 12pm
Miami Gardens Police Dept
118611 NW 27th Ave
Miami Gardens, FL 33056

SONHS Fall Lecture Series: Nurses as Agents of Change

Wed, Oct 25 | 10am - 12pm
UM-School of Nursing&Health Studies
5030 Brunson Dr Simulation Hospital
Coral Gables, FL 33146

Startup Pop-Up Shop

Thu, Oct 26 | 12pm - 2pm
The Launch Pad
1280 Stanford Dr, Suite 1078
Coral Gables, FL 33146