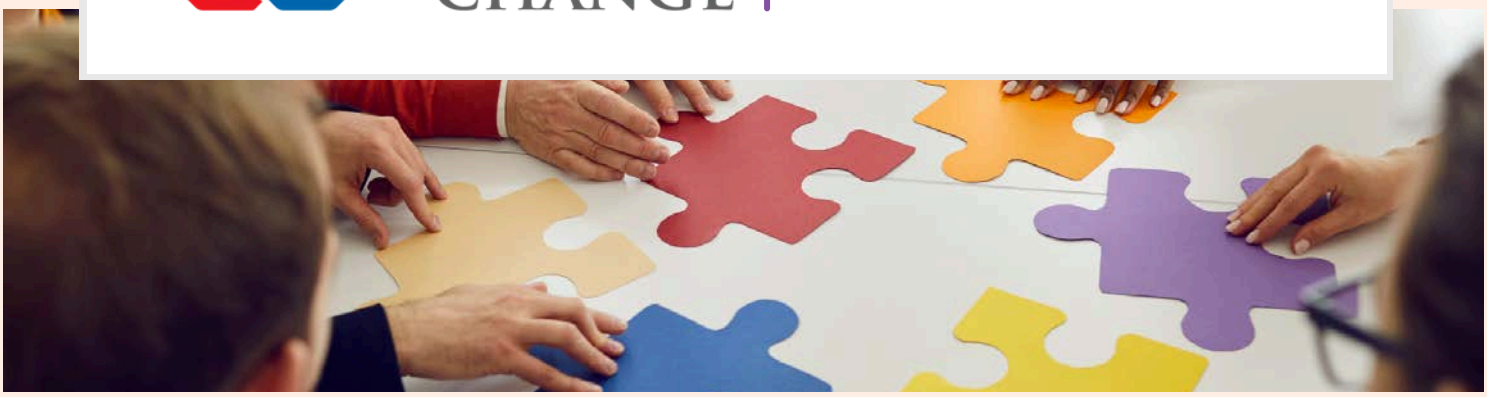
Center for SOCIAL CHANGE

MAY Newsletter/2025



Community Collabs

Strong partnerships can increase your impact without increasing your budget. Look for organizations with shared values, set clear expectations, and maintain communication.

Even informal collaborations benefit from a simple MOU (Memorandum of Understanding) to clarify roles. For templates and ideas, visit Collaboration Hub. You can also explore Stanford Social Innovation Review's guide to effective partnerships.

Whether co-hosting an event or sharing valuable resources, strong relationships help nonprofits stay connected, be more efficient, and community-driven.

Prioritize Mental Health

May is Mental Health Awareness Month — a time to shine a light on well-being in the nonprofit world. Burnout can be common in our sector, but it's preventable with the right practices and ongoing support.

Encourage your team to take mental health breaks, promote a healthy work-life balance, and check in with colleagues regularly. Resources like Mental Health America's toolkit provide helpful tips, and NAMI Miami-Dade offers valuable local support.

Remember, a resilient team is a healthy team. Small steps toward well-being today can build long-term resilience.

Practical Progress

by Maya Arden, EsoTerra

THE COST OF FRAGMENTATION

Our world does not suffer from a lack of ideas, resources, or ambition. It suffers from a profound fragmentation within us. We build systems, movements, and missions on the shaky ground of unexamined selves. We have become a species of individuals whose thoughts, words, and actions are estranged from their center - driven by fear, confusion, and performance. This fragmentation is so normalized we've lost sight of any other path.

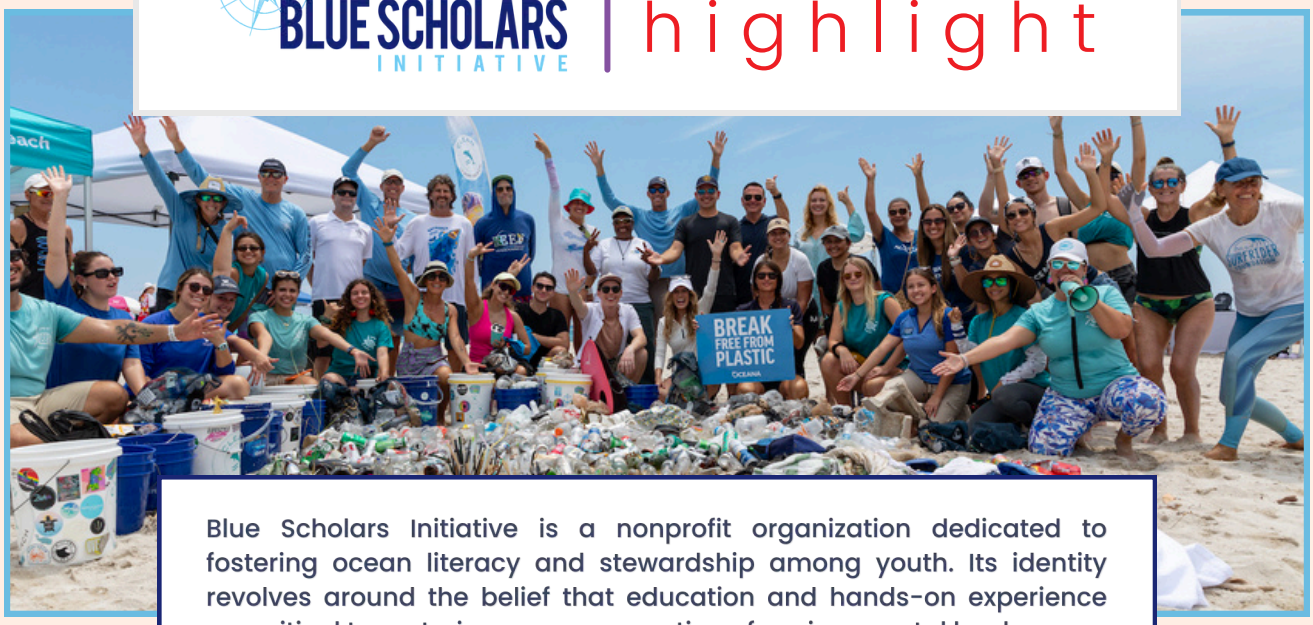
From this fracture, every larger fracture emerges. Organizations are the living patterns of their people. Culture is the memory of our deepest actions. Systems are the magnified consequences of every small decision. Without inward clarity, we build structures that exhaust us. Without inner wholeness, connections collapse under pressure. There is no shortcut to harmony. The future we long for will be shaped by those who are clear within themselves - who have learned not just to act rightly, but to be rightly with themselves.

Let's keep returning to this truth: notice where you feel at odds with yourself - not your behavior, but your being. Pause there. Instead of fixing it, allow it. Listen. Befriend. Let being be enough today. Insight will come; follow it. Repeat.
Our future depends on welcoming home the parts of ourselves we've learned to turn away from.

FOLLOW OUR JOURNEY

BLUE SCHOLARS INITIATIVE

COMMUNITY highlight



Blue Scholars Initiative is a nonprofit organization dedicated to fostering ocean literacy and stewardship among youth. Its identity revolves around the belief that education and hands-on experience are critical to nurturing a new generation of environmental leaders.

Blue Scholars Initiative integrates science, conservation, and leadership development into its curriculum, aiming to inspire students to take an active role in preserving the environment. By empowering young people with the tools and knowledge to address ecological issues, the initiative strives to create a more environmentally conscious and proactive generation.

In addition to its virtual, in school, and floating classrooms, Blue Scholars Initiative offers two exciting programs that further engage youth in environmental education and stewardship. **The Biscayne Immersion Program** provides students with hands-on experiences in Biscayne National Park, where they explore marine ecosystems, learn about conservation efforts, and gain a deep appreciation for the environment through snorkeling and wildlife observation.

Through immersive programs, Blue Scholars connects young people with Biscayne Bay, encouraging them to develop a deep understanding and appreciation for marine ecosystems, biodiversity, and sustainability. The organization emphasizes experiential learning, using outdoor education to bridge the gap between classroom knowledge and real-world environmental challenges.

The program primarily focuses on providing opportunities for underserved youth to engage with nature, offering them access to environmental education that they might not otherwise receive.

Additionally, the **2025 World Ocean Celebration (May 30 - June 8)** is an annual event in Miami and the beaches that brings the community together to celebrate and protect the world ocean. This week-long celebration features ocean art and education, clean-up and restoration efforts, and community events that raise awareness about the importance of ocean conservation.

Learn more & connect with Blue Scholars

Event Board

Belong Circle Miami

Tue, May 13 | 7pm - 9pm

Dear Eleanor
148 NE 28th St
Miami, FL 33137

LGBTQ Elders Awareness Day Conference

Fri, May 16 | 11am - 3:30pm

Scott Galvin Community Center
NE 126th St
North Miami, FL 33181

Youth Environmental Career Summit

Sat, May 17 | 10am - 12pm

HistoryMiami Museum
101 West Flagler St
Miami, FL 33130

Social Circus; Rain of Hope

Sat, May 17 | 5pm - 7pm

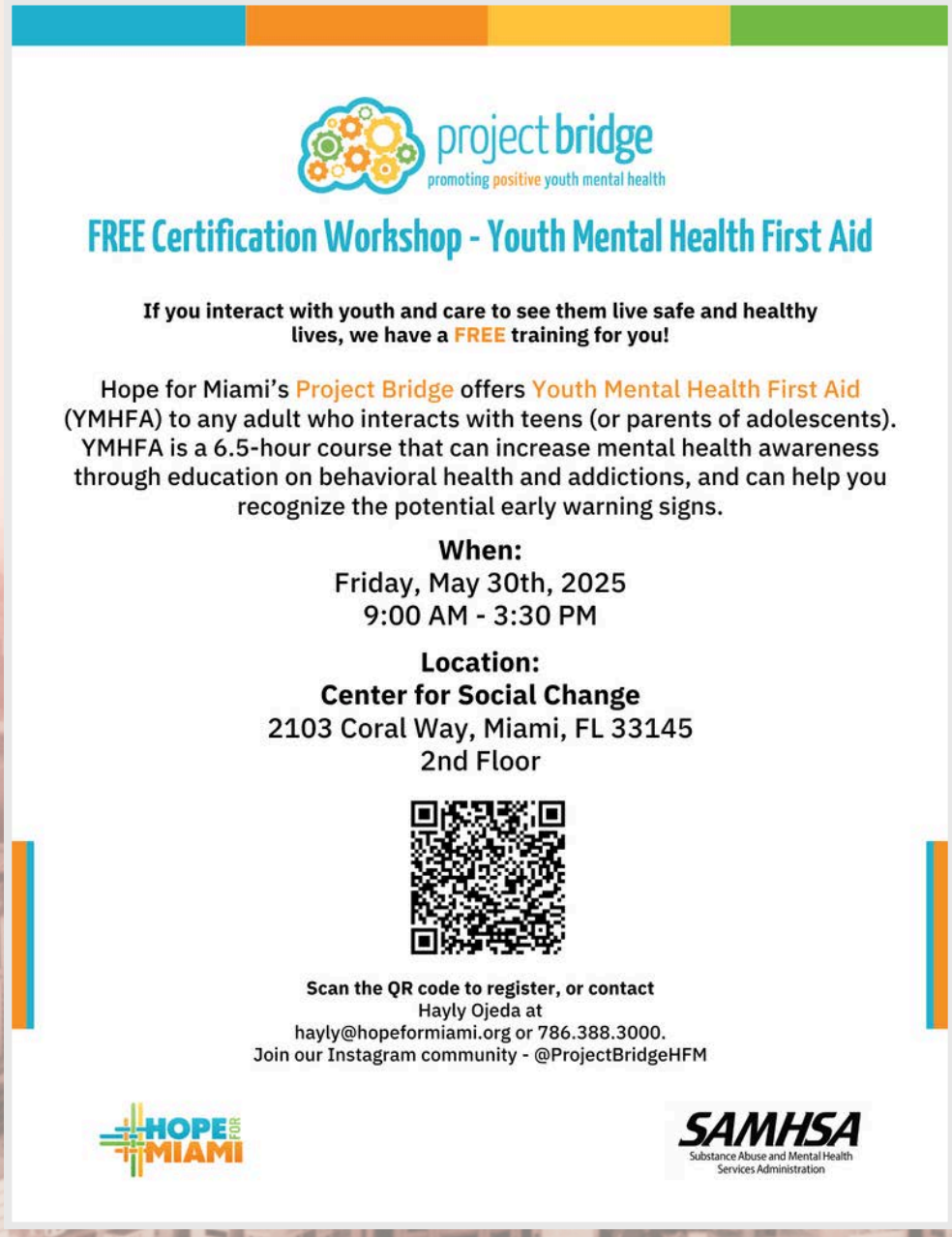
Acro Gravity Academy
1935 NE 150th St
North Miami, FL 33181

How Nature Heals Mental Health Mini-Summit

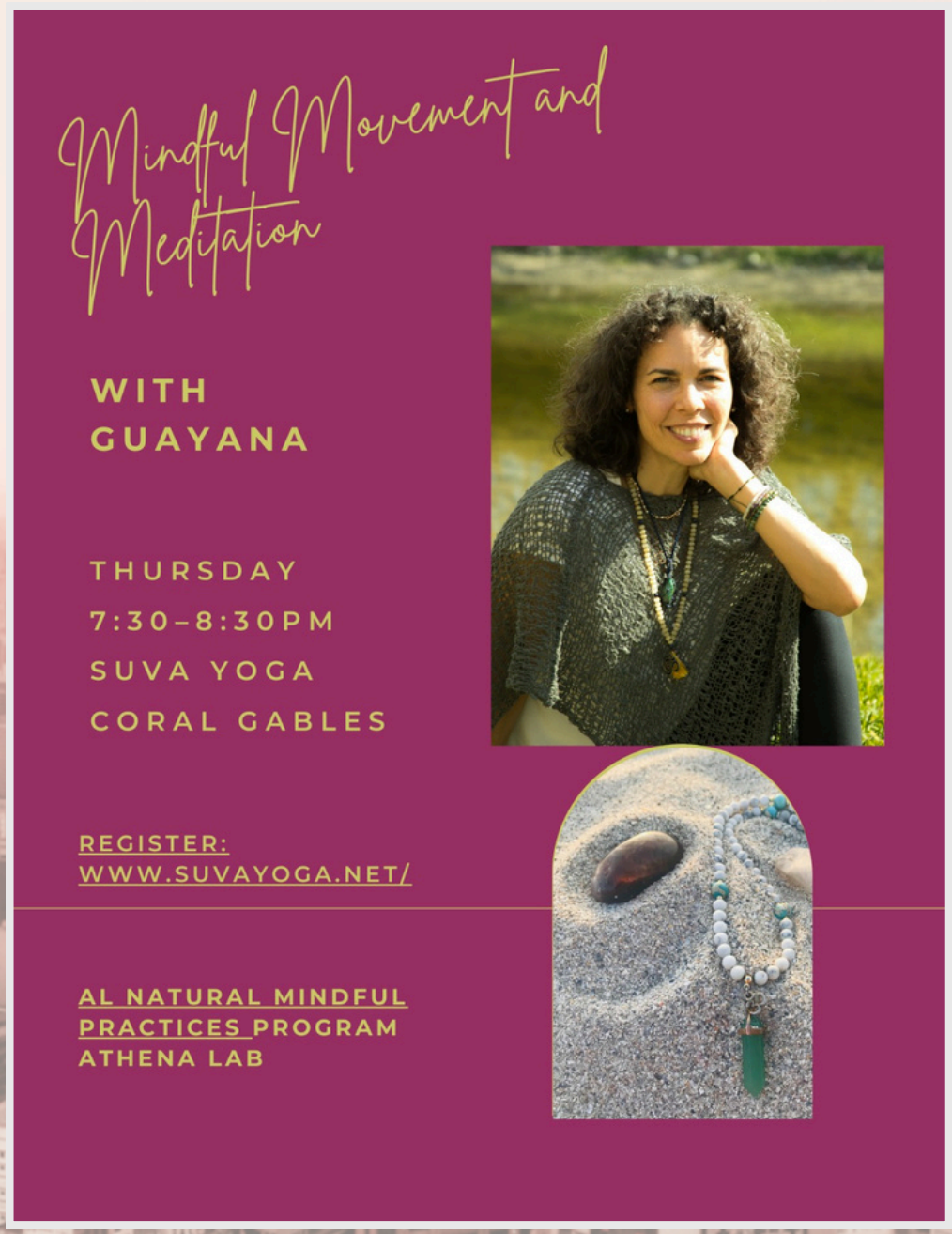
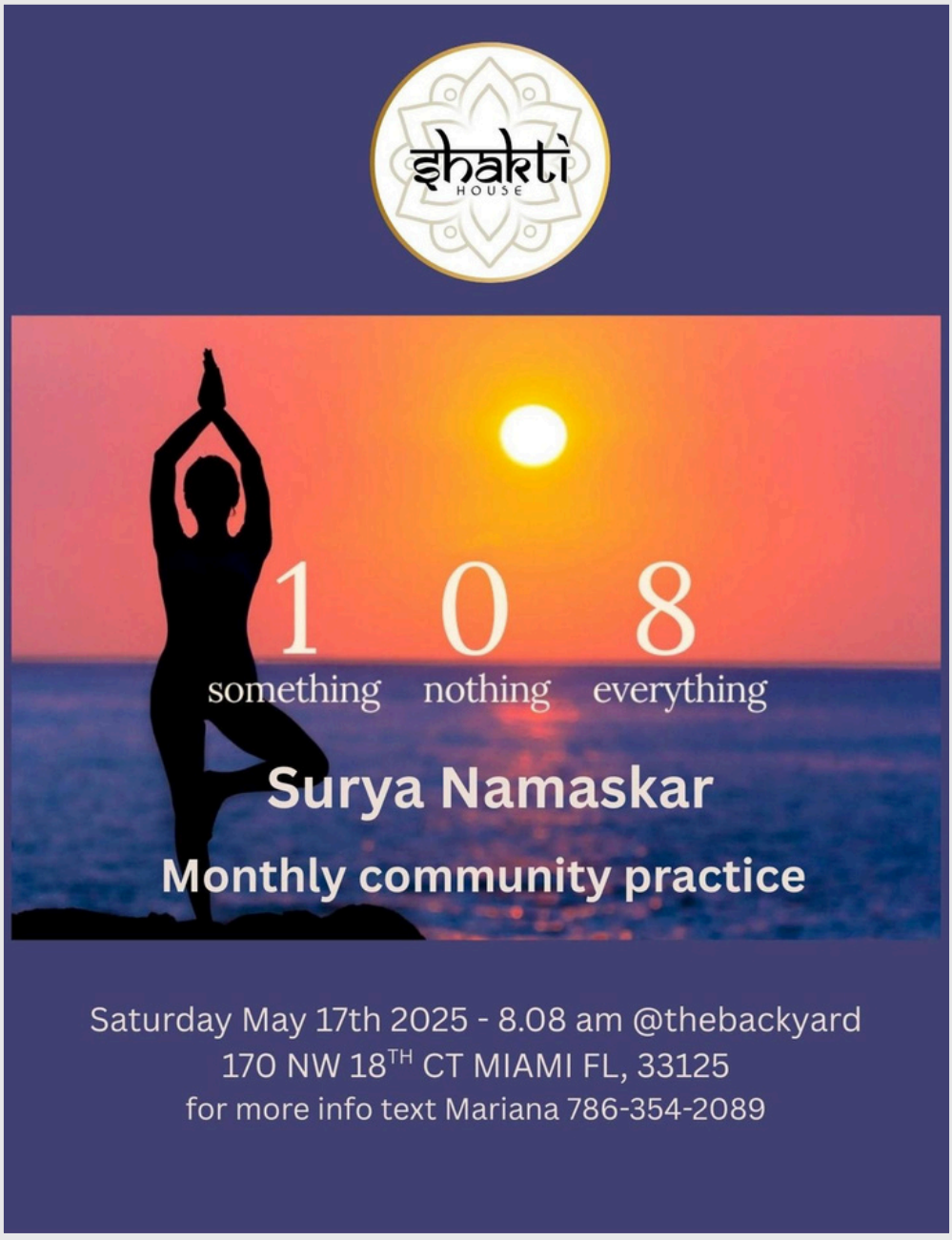
Sat, May 31 | 9am - 2pm

21900 SW 157th Ave
Miami, FL 33170

Youth Mental Health First Aid



Mindful Movement Program



Community Yoga Practice