

HOLDING COMMUNITY IN HEALING

Tru Ruts partners with The Healing Justice Foundation and Catalyst Arts to curate this community-wide calendar to amplify spaces of healing during the Derek Chauvin Trial from March - June 2021. Tru Ruts and Catalyst Arts are partnering to keep this as an on-going resource and will be rebuilding the calendar for a mid July '22 re-launch.

This list is not exhaustive, but is an attempt to centralize the events led by community and The Healing Justice Foundation (HJF), and many community partners. If you would like to add an event that centers healing you may submit an event here <https://forms.gle/YMEiBwJdTgWzUhqu5>. The calendar is updated once a month on the first Wednesday. Please note that Tru Ruts and HJF take no responsibility for events produced by others. For questions you will need to connect with the contact representative for each event.

We wish you wellness during this time.

Healing Justice Foundation Healing Events Found here:

<https://www.healingjusticefoundation.org/community-healing>

Community Healing Calendar Event submission link here:

<https://forms.gle/YMEiBwJdTgWzUhqu5>

Email questions to Tru Ruts/ Catalyst Arts directly:

sha.truruts@gmail.com

UPCOMING

Saturday May 23 • 12:00-2:00pm

LOVIN ON US

At George Floyd Square

Food, Prayer, Art, Community making healing packets in remembrance of George Floyd

Sunday May 23 • 2:00-5:00pm

SUNDAY DINNER

A Cultural Gathering for the Black Community in Minnesota

*Tru Arts Speak **Presents** in Partnership with The Healing Justice Foundation*

Music, Dialogue, Networking, and Food Support

Register at www.truartspeaks.org

Sunday Dinner is a quarterly cultural gathering space for Black Minnesotans to convene, break bread, dialogue and build collective power through the ritual of Sunday Dinners. This joy centered and multifaceted event will offers meal subsidy and delivery (while supplies last), music, breakout rooms for small group conversations, performances and more.

The start of this decade has rendered us somewhat unable to connect with our broader community- Sunday Dinner is designed to bridge that gap and make space for continued connection with our loved ones. Be prepared to show your face, prepare and show your meal (unless opting for food delivery, in that event you would just showcase your meal) and to listen, laugh, learn and lend ideas alongside other members of the Black community in Minnesota.

This iteration of Sunday Dinner is powered by TruArtSpeaks in partnership with the Healing Justice Foundation and presents a unique opportunity for us to take some of our kitchen table talk back to elected officials and policy makers so that they can make change on behalf of our community and what we desire. If you would like to lend your voice, you can opt into a breakout room with the intention of doing so. If not, you can hang back in the main room for guided community conversation and music and more.

Sounds by DJ Digie

****Vegan or Pork Free meal subsidies provided for those who need, while supplies last.****

For questions, please email info@truartspeaks.org

Monday May 24 • 9:00-9:30am

YOU GOOD? call in line

The Healing Justice Foundation partners with Tru Ruts, Catalyst Arts and local Healers

In support of the weekly phone check in wellness space

Simply call this number 425-436-6304

Every Monday of the Week from 9:00-9:30am March 29th - May 31

Call in, let the community know how you are doing,
get your top of the week [affirmation](#) and have a blessed day.

A grounding way to connect intentionally with members of the Black community.

Call in and let us know YOU GOOD!
Thank you for respecting this as a Black Space.

Tuesday May 25
1:00-8pm

1 Year REMEMBRANCE AT GEORGE FLOYD SQUARE - DAY LONG

Organized by Caretakers of the George Floyd Square and the GF Memorial Foundation & Family Community Programming & Healing Support at the George Floyd Square all day long
More details tba.

Wednesday May 26
12:00-2pm

Time of Reckoning - Family Reunion
Gathering at Pimento on Nicollet Avenue
More details here

<https://www.healingjusticefoundation.org/tor-sessions/george-floyd-remembrance-the-black-family>

Harnessing our power, activating our liberation

The Black Family Reunion forum will lean into the historical and cultural practice that is the Black family reunion structure. Join us virtually on May 26 from 12:00 - 2:00pm as we nourish an intergenerational pathway forward through warm connectedness, essential conversation, uplifted artistry and delicious recipes.

Time of Reckoning's consistent focus on the Black family stems from its foundation and infrastructure of the wellbeing of all Black people. It is the keeper of the flame and curator of the past, present and future not only of Black people but all people.

[Register here to join this special event](#)

Monday May 31 • 9:00-9:30am

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Saturday June 5

BACKYARD BBQ @ PIMENTO KITCHEN

Save the Date

Contact: Neda Kellogg successfullyconnected@gmail.com

Saturday June 12

HEALING SUMMIT @ PIMENTO KITCHEN

Save the Date June 12

Contact: Neda Kellogg successfullyconnected@gmail.com

Saturday June 19

Annual Juneteenth Celebration
North Minneapolis
Details Forthcoming

June

Truartspeaks presents: The Village Project at ArtsUs 1221 Marshall Ave 12pm-3pm !

PAST EVENTS

Monday March 29 • 9:00-9:30am

YOU GOOD? call in line

The Healing Justice Foundation partners with Tru Ruts and local Healers to host a weekly phone check in healing space during the Derek Chauvin Trial. Simply call this number 720 820-1438
Every Monday of the Week from 9:00-9:30am March 29th - June 28th

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720 820-1438

Monday March 29 • 6:00-8:00pm

ODE TO GEORGE writing circles

Part of the **WE GOT US** in person gatherings. A Healing & Writing Space is available in light of the start of the Chauvin Trial (An In Person gathering)
Community is welcome to come hold space, write as creative expression, or learn about herbal oils and their healing properties
6-8pm

Black Table Arts in partnership with Tru Ruts, Million Artist Movement, RARE Productions and Catalyst Arts. Intentional Healing support and creative expression materials provided for these gatherings.

@ Black Table Arts | 3737 Minnehaha Ave So. Mpls.

Thanks for respecting this intentional Black Space
Covid Protocols apply

Thursday April 1 • 6:00-8:00pm

SEWING SEEDS in person gathering

Every Thursday From March 8th - June 10th

Part of the **WE GOT US** in Person gatherings
Black Table Arts in partnership with Tru Ruts, Million Artist Movement,
RARE Productions and Catalyst Arts. The Healing Justice Foundation (HJF) partners
to provide Intentional Healing support and creative expression materials for these gatherings.

@ Black Table Arts | 3737 Minnehaha Ave So. Mpls,

Writing Circles, Music, Herbs and Wellness information,
and a continually growing altar to George Floyd
Covid Protocols apply

Sunday April 4 • 11:00-4:00pm

The People's Power Love Fest!

Join George Floyd Square along with many other individuals and organizations as we celebrate The People's Power Love Fest! We are all putting our hands and voices in for something we believe is necessary for our city. We are setting the tone for what we want for safety in Minneapolis. Come through this Sunday at 11am-4pm at 38th & Chicago as we celebrate with community.

It has been a heavy week for many as the trial unfolds. We're coming together for a day of both action and celebration of community which will include: a rally, community door knocking, a celebration with performances and a DJ, free food, childcare, healers, screen-printing, interpreters and an interactive livestream.

The PEOPLE's POWER LOVE FEST is a day of action and celebration hosted by the Yes 4 Minneapolis campaign coalition partners, including Black Visions. This effort for a new Department of Public Safety is truly a People's effort, where we are collectively putting all our hands and voices in together to set the tone and pace for what we want for safety in Minneapolis as a community. It's critical that we take action together and talk to each other and our neighbors.

Community Hosts: Black Visions, TakeAction Minnesota, Yes 4 Minneapolis, Unidos, Isuroon, Reclaim the Block, Tru Ruts, Pollen, SURJ TC: Showing up for Racial Justice -TC, The Healing Justice Foundation, The SEAD Project, MN Youth Collective

Contact: info@blackvisionsmn.com

Monday April 5 • 9:00-9:30am

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Tuesday April 6 • 6:30- 8:30am

Sacred Mornings • VIRTUAL HEALING

Sacred Mornings consist of: waking up early, honoring the liminal space of waking/dawn, setting intentions, meditation and breath work, gentle body movements to integrate the sides of the brain and the embodied self, journal/drawing prompts, sounds and silence, calling and recognizing ancestors and inspirations.

Kenna Cottman

Kenna-Camara Cottman is a dance educator repping North Minneapolis and Black Dance. Kenna runs Voice of Culture Drum and Dance, 'the top drum group in the state, with the best drummers' - according to Ms Dorothy of the COPE foundation. VoC is currently looking for a spot to call the space where we create Black space for practicing cultural arts and liberation. Kenna has taught many things including Montessori elementary school, College level dance, and kickboxing. Kenna has worked many places including Franklin Middle School, TU Dance Center, and at a coffee shop. Kenna is a proud member of BLAQ, The Wild Duo, and WE WIN, among other organizations. Kenna is the child of community parents Bill and Beverly Cottman, and the mother of Yonci Peaceful and Ebrima Baye. www.voiceofculture.org

Thursday April 8 • 6:00-8:00pm

WE GOT US in person gathering

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Writing Circles, Music, Herbs and Wellness information,
and a continually growing altar to George Floyd

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Thursday April 8 • 8:00-9:30pm

Sacred Evenings • VIRTUAL HEALING

Thursday, April 8th 8:00pm- 9:30pm

Sacred Evenings consist of washing the day off of you through meditation, laughter, discussion, and joy. Prepare yourself for stretching and breathwork to release your day and prepare for a well-deserved rest.

DejaJoelle

Healing Artist & Cultural Healing Curator; St. Paul, MN./Charlotte, NC

DejaJoelle is an African Centered - Healing Artist, Choreographer, Director, and Cultural Healing Curator. She believes Dance serves as our connection to ourselves, our communities, and our overall Divinity. DejaJoelle creates intentional spaces for Black, LGBTQ2, and Deaf community to discover their own practices toward Healing using Dance, Body Reclamation, and other Healing practices. As the world experiences collective hurt and grief, DejaJoelle trusts that our greatest act of REVOLUTION and REBELLION against hatred and corruption is Self-Love and Healing. As she refuses to fuel the fire of destruction and heinousness, she instead focuses her Art and energy on properly handling Black people who continue to be mishandled.
www.dejajoelle.com

Monday April 12 • 9:00-9:30am

YOU GOOD? call in line

GUEST SPECIALIST: CASSANDRE DEUS

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Tuesday April 13 • 3:31-4:31pm • **VIRTUAL HEALING**

Jayanthi Rajasa - Vocal Village
3:31pm - 4:31pm

Stretch your vocal chords and learn a song that tells a truth.

Black Ancestor Work and participatory presence involved and made accessible for the shy through rapturing enticement of note holding and note bending and breath that is song singing. Song singing in you in me in we.

Jayanthi Rajasa is a songstress dedicated to singing from the heart. She collects songs that speak to her struggle, empowerment and ability to be, change, and move forward - while honoring the unremembered changers and movers of the past. She enjoys singing for people passing worlds: being born, or dying, or passed. She refers to these as arrivals and departures.

Jayanthi is anointed all on her own, plus she shares her voice with a number of bands and projects in the Twin Cities. The Give Get Sistet, Miss Pennie's Microphone, Romantica, Passed Presents, Black Audience, and Jayanthi Kyle and the Crybabies are included among these. She continues to support The Million Artist Movement to dismantle white supremacy and support Black liberation. She also works with Mama Mosaic on a "Minnesota girls are not for sale" piece that has been performed for over 9 years seeking freedom for women and girl sex slaves in Minnesota.

Please log into Zoom at least 10 minutes before your session to test your sound and video.

<https://us02web.zoom.us/j/83262285923?pwd=bINuUEJoa2p3WVhyWUdJaTZuUjhNUT09>

Zoom information:

Contact Email: blaqlove.healing@gmail.com

Password: Healing2021

Tuesday April 13 • 4pm • **In Person + Virtual**
63rd Avenue North & Lee Avenue North

The Community Healing Team in collaboration with Leslie Redmond (Don't Complain Activate), Marika Starr Reese Jatón Johnson Lewiee Blaze, Dr Raj Sethmager The team consist of some amazing healers. When you see this sweatshirt know that we are here to help.

Today, April 13th at 4pm we are going to hold space physically at the memorial space where our brother Daunte Wright was murdered and we will also hold virtual space for those who need to process but cannot get out physically. See you all soon.

<https://us02web.zoom.us/j/88492658087...>

Wed April 13 • 8:00-9:00pm

YOU GOOD? PM Special Edition call in line w/ Marcie Rendon

The Healing Justice Foundation partners with Tru Ruts and local Healers
In support of the weekly phone check in healing space during the Derek Chauvin Trial.
Simply call this number 720 820-1438

Call in, and get grounded in healing space led by respected Community Elder
And Healer Marcie Rendon.
A grounding way to connect intentionally with members of the community
This PM space is a multi-cultural space

Call in and let us know YOU GOOD!
720 820-1438

Thursday April 15 • 4:00-5:00pm • **VIRTUAL HEALING**

Gabrielle Roberts - RnB Restore

<https://us02web.zoom.us/j/87912640580?pwd=ZHhqbGo0QUluRGlualZFWG11anIJQT09>

Ground yourself through meditation. Nurture yourself with gentle movement. Flow freely and blossom. Use stillness to gain strength and release your tension. Love on Yourself. All sessions will be guided and will end with a journaling session for the topic of the day.

Gabrielle is from Minneapolis and the Owner of the 612 Jungle - Minneapolis's First & Only Hip Hop Yoga Studio. 612 Jungle is the only black owned studio in the state of Minnesota. She completed her 200 hour Yoga Teacher Training at Lifetime in 2016, and since has completed an additional 200 hours in 2018. After going through Teacher Training, she set out to make yoga accessible, relatable,

and empowering for EVERYone. She is known for her soulful approach to the practice, and delivers in a light-hearted and comforting way.

Fri April 16 • 4:30-6:30pm

The H-cubed fam is holding space for a small, intimate **open mic** this Friday 4:30-6:30 PM at New Rules for community to share healing-centered practices and resources.

2015 Lowry Avenue North at New Rules

Contact Joe Davis fb

Fri April 16 • 8:00-9:00pm

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Saturday April 17th

SACRED SPACE • ART IS HEALING

Healing Support to 3 Locations Across Town

12-3pm @ Brooklyn Center (memorial location)

63rd Avenue No & Kathreen

Quilting, Wellness information, Prayer Circle, Banner painting, Poetry, Bubbles, Lunch Boxes

Teams will also be working to beautiful Brother Duante Wright's memorial location

Adding flowers, candles, banners on fences, and love

12-2pm @ GFS

38th & Chicago Ave, Mpls

Chalking, Bubbles, Wellness Support, Lunch Boxes

12-2pm @ JJ Hill Montessori (Garden)

998 Selby Ave, St. Paul

Wellness information, Chalking, Prayer Circle, Poetry, Bubbles, Lunch Boxes

Curated events of community partners and individuals all pitching in with The Healing Justice Foundation
Tru Ruts, Rare Productions, Million Artist Movement, Pimento Relief Services and more
Bringing together Healers, Artists, Families, Clergy, Community to hold space
In response to the murders of Duante Wright and George Floyd

WE ARE WORKING TO ORGANIZE 50-100 ARTISTS AND HEALERS THIS WEEKEND

Covid Protocols apply

Event Contact:(Alayna) production.truruts@gmail.com or sha.truruts@gmail.com

Saturday April 17 • 12:00-6:00pm

SINGING THE HUES: A ROHO COLLECTIVE ART HEALS EVENT

Martin Patrick 3

212 3rd Ave N Mpls

Community Mural and Tile Project

Live Painting

Poets

DJ

Monday April 19 • 9:00-9:30am

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Tuesday April 20 • 4:00pm - 5:00pm - VIRTUAL

Yoni Light - Groove2Heal

<https://us02web.zoom.us/j/86341703221?pwd=U0xnN0w5UlhodXZuT2Y5eXY1M003dz09>

Groove2Heal is a session dedicated to dance and healing through dance. In this space we take space to connect to our bodies as well as our minds and spirits. A place to sweat and release stress.

Yoni Light is a multidisciplinary performing artist based in Minneapolis, Minnesota. She utilizes many different mediums of artistic expression such as dance, poetry, music and mixed media to share her lived experience and imaginative visions with the world. Yoni's work is based on expression of self, the light, the dark, the colorful and the grey in between of our vast human experience. "I spent so much time thinking I had to go outside of me to "Find Myself" but then I realized all I must do is Remember and Reclaim all that I am"

Wednesday April 21 • 12-3:00pm - Virtual

TIME OF RECKONING for Extended and Chosen Family

The criminal justice system in America is broken. From over-policing certain communities to high rates of incarceration, there are many tangible collateral consequences to the current system that disproportionately affects communities of color.

We need to fix this broken system by bringing together policy makers and community. In order to do this, we need a Time of Reckoning, Healing, Listening, and Action.

Time of Reckoning is an opportunity for the community to come together for discussions, solutions, and healing. This series of community engagement and healing justice sessions will culminate in a Black-led town hall and policy action roundtable focusing on the criminal justice system and its collateral consequences. The roundtable will include local policy makers who have the power or influence to implement the recommendations brought forth by the community through this process.

It's time for true "radical re-imagining" of what is possible within our collective efforts to advance racial justice. Be a part of new, community focused policy by joining any and all events in the series.

All events are held via livestream.

REGISTER HERE [Community Healing Calendar Mar-June 2021](#)

THURSDAY APRIL 22 • 2:00-3:00PM - Virtual

Tamiko French - Relax, Release, Recharge

<https://us02web.zoom.us/j/84750281647?pwd=ZzJoQ05vM2NWeUhSK2duT2wvNzBYZz09>

Relax your body into harmonic and melodic sound that bathe you in the frequency of the earth. As you release into the sound bath, allow your mind to melt all the stress of your day away. Feel the natural vibes penetrate your body and calm your soul. Find yourself recharged for your day by ingesting pure harmony from the vibrations. To learn more about the function of a sound bath, please read this link from Psychology

Today: <https://www.psychologytoday.com/us/blog/urban-survival/201907/the-healing-power-sound-meditation>

Since 2011 **Tamiko French** has been creating jewelry and sharing her gift with communities abroad. Her love for science, nature, and the magic between them is carefully synergized with each service she delivers. Whether it be crystal consultation, crystal healing, custom functional jewelry, or a unique sound bath, you can discover something that illuminates your soul. With each experience she is sharing a piece of her soul with you, with your highest good in mind. She has been accredited with the International Natural Healers Association and has been featured at the Mother Baby Center. She has been called to offer free and donation based sound healing to the community since the summer of 2020 along side other community healers in the Powderhorn Area Wellness Collective that was started in response to the rising needs of safe calm space from the murder of George Floyd, and the homeless displacement where many volunteers and homeless needed some form of calm. Currently these sessions are being held at Walker Community Church and Live on Zoom or Instagram.

Thursday April 22 • 6:00pm - In person

Minneapolis NAACP and Don't Complain Activate Present
COMMUNITY ACTIVATION WEEK FOR GEORGE FLOYD

HEALING GATHERING

Shiloh Temple International Ministries
1201 West Broadway Ave No. Mpls
6pm

Thursday April 22 • 6:00-8:00pm - In Person

WE GOT US in person gathering

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@ Black Table Arts | 3737 Minnehaha Ave So. Mpls,

Writing Circles, Music, Herbs and Wellness information,
and a continually growing altar to George Floyd
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Friday April 23 • 6:00pm - In Person

Minneapolis NAACP and Don't Complain Activate Present
COMMUNITY ACTIVATION WEEK FOR GEORGE FLOYD

HEALING RALLY

George Floyd Memorial Square
Chicago Avenue and 38th Street
6pm

Saturday April 24 • 11:00am - in Person

Refuge Church and the St. Paul Ramsey present
COMMUNITY MUTUAL AID GIVE AWAY

Household appliances, kid bikes, toys, and needs
Refuge Church

867 Pierce Butler Route, St Paul, MN
11am - until everything is gone.
Covid mask mandatory

Saturday April 24 • 6:00pm - In Person

Minneapolis NAACP and Don't Complain Activate Present
COMMUNITY ACTIVATION WEEK FOR GEORGE FLOYD

PRAYER AND PRAISE FOR VICTORY
Hennepin County Government Center
300 6th Street
6pm

Monday April 26 • 9:00-9:30am

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Tuesday April 27 • 8:00am - 9:00am

Gabrielle Roberts - Roots

<https://us02web.zoom.us/j/86320426850?pwd=VDBKtG9CM3Y2RDZ0NEFhUnFLWIA2dz09>

Ground yourself through meditation. Nurture yourself with gentle movement. Flow freely and blossom. Use stillness to gain strength and release your tension. Love on Yourself. All sessions will be guided and will end with a journaling session for the topic of the day.

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Thursday April 29 • 1:00-2:00pm

Atlese Robinson - Personal Love Letters

1:00 - 2:00pm

<https://us02web.zoom.us/j/82281371055?pwd=ZmhDRXN6dFBZNm9vVHRFazJTaW8yUT09>

Saturday May 1 • 4:00pm

HEALING AND LISTENING CIRCLE

Dr. JOI LEWIS WITH BROOKLYN CENTER MAYOR, CITY COUNCIL & COMMUNITY MEMBERS

Following The Community Caravan at 3pm at the Daunte Wright Memorial Site

<http://www.drjoilewis.com>

Monday May 10 • 9:00-9:30am

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May 15th 12:00-2:00pm

LOVIN ON US @ the GFS Memorial site

This is a curated event

Bringing together Healers, Artists, Families, Clergy, Community,

Drumming, Mutual Aid, Prayer Circle, Bubbles and Black Joy

The Healing Justice Foundation and Tru Ruts partner to hold Healing Space

And bring community together

All are welcome

Covid Protocols apply

Contact:(Sha or Alayna) production.truruts@gmail.com