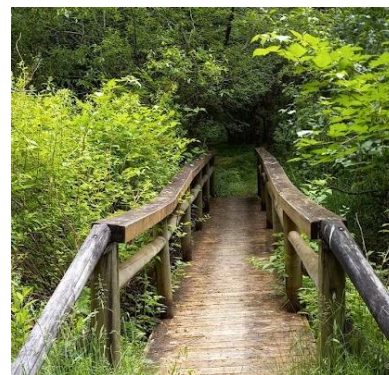


WE RISE

ECONOMIC EMPOWERMENT RETREAT



We are stronger together!

Parking

Participants can park at the retreat center parking lot. No Discover Pass is required to park at the retreat center. If you plan to park in the parking lots outside of the retreat center at the park, a Discover Pass is required. We can provide free Discover Day Passes to those requesting them to park closer to the Resource Fair.

Restrooms

There are two single stall ADA accessible all genders restrooms in the event hall. These restrooms will be accessible during the event between the hours of 8am and 8pm. There are also two communal restrooms and shower buildings near the cabins. One of these is for men and the other is for all genders. **All genders restrooms** are restrooms where people of all gender identities and expressions can use the bathroom safely and comfortably. Having all genders bathrooms available ensures more people, especially trans, nonbinary, and gender-nonconforming people, can feel safe.

Masking Indoors

Masking is strongly encouraged while indoors during the event. This helps ensure the safety of our most vulnerable participants.

Childcare Stipend

If you requested child care reimbursement in your registration and it was approved, you will get your stipend when you check out from the event. All you need to do is provide the amount (up to \$200) you are requesting to cover child care costs and a check will be provided to you.

Questions? Visit the Info Booth next to the Event Hall.

Schedule

Tuesday, June 11th:

Time	Agenda Item	Location	Description
8:00am - 9:15am	Breakfast	Event Hall	Continental Breakfast (yogurt, granola, pastries, fruit, coffee, tea)
9:30am - 10:30am	Workshop Session 1	Event Hall	<i>7 Strategies to Take Charge of Your Credit</i>
		Picnic Shelter	<i>Dependable Strengths: Part 1</i>
		Amphitheater Lawn	<i>Yoga for Collective Abundance and Empowerment</i>
10:30am - 10:45am	BREAK		
10:45 - 11:45am	Workshop Session 2	Event Hall	<i>Let's Cook! Maximizing Your Health and Joy with Free Food Resources</i>
		Picnic Shelter	<i>Dependable Strengths: Part 2</i>
		Barn	<i>Stronger Together: Sharing Stories of Strength in Community</i>
11:45am - 1:00pm	Lunch	Event Hall	Shawarma Falafel Bar (vegan and gluten free options available) Provided by Nineveh Assyrian
1:00pm - 2:00pm	Workshop Session 3	Event Hall	<i>Navigating Money-Related Stress and Growing Your Wealth</i>
		Picnic Shelter	<i>Exploring Entrepreneurship</i>
		Barn	<i>Improve Nutrition and De-stress your Life with Plants and Weeds</i>
2:00pm - 6:00pm	Free Time	Retreat Center (multiple areas)	Explore the park, crafts, paddle boarding, kayaking, etc.
	Working Families Tax Credit Appointments	Event Hall	Get one-on-one support with applying for the Working Families Tax Credit (30-minute appointments)

Questions? Visit the Info Booth next to the Event Hall.



Tuesday, June 11th (continued):

Time	Agenda Item	Location	Description
4:30pm - 7:30pm	Resource Fair	Kitchen Shelter 3	Resource booths, free clothing pop-up shop
4:30pm - 7:00pm	Dinner	Kitchen Shelter 3/Boat Launch Parking Lot	Taqueria La Esquinita Taco Truck
7:30pm - 8:30pm	Bonfire	Amphitheater	Relax and connect by the campfire with s'mores and music.

Wednesday, June 12th:

Time	Agenda Item	Location	Description
8:00am - 9:15am	Breakfast	Event Hall	Continental Breakfast (yogurt, granola, pastries, fruit, coffee, tea)
8:30am - 10:00am	Guest Check Out	Info Booth	Guests clean their cabins and check-out.

Workshop Details

Session 1: 9:30am - 10:30am

7 Strategies to Take Charge of Your Credit

Facilitated by Tierra Bonds (she/her)

Imagine if we were taught credit in school instead of how to dissect a frog. This workshop will go over the basics of credit, how to understand your credit report, how to leverage credit, what a good credit score is and how to get there by using the 7 Strategies to Take Charge of Your Credit.



About the Facilitator:

Take Charge Consulting, LLC provides credit and entrepreneur services to economically disadvantaged artists and entrepreneurs to position individuals to leverage these tools. They believe that credit is a tool to narrow the racial wealth gap because credit plays a huge role in increasing home ownership and allowing people to sustain successful.

Questions? Visit the Info Booth next to the Event Hall.



Dependable Strengths: Part 1

Tami Palmer (she/her)

This is part one of two sessions: Learn How to Discover Your Unique Strengths. This workshop will be an introduction to the Dependable Strengths Articulation Process (DSAP). The DSAP is a unique way to discover your individual excellence, then be able to show your excellence to others. In this brief introduction you will learn about how the process works so that you may dig deeper individually or with others.



About the Facilitator:

Tami has worked in the fields of career and personal development for more than 40 years. As a certified Dependable Strengths facilitator, financial education trainer and business planning educator, she has helped hundreds of people of all ages learn how to find their inner motivations and better their lives financially and personally.

Yoga for Collective Abundance & Empowerment

Julia Zhao (she/her)

This yoga session will include mindful movement, breath, and meditation to ground and energize us for the day. Slowing down and moving with intention can shift us out of survival mode and scarcity mindset. This practice will help us recall our personal and collective agency, so that we can live from a more abundant and empowered place. No yoga experience required. All bodies and abilities welcome.



About the Facilitator:

Julia Zhao (she/her) is a trauma-informed yoga therapist, community space holder, and first generation Chinese immigrant. Her work bridges the intersection between yoga, somatics, and social justice. Known for her intuitive grounded presence, Julia offers spiritual and embodiment practices that guide us back toward our inner wisdom, power, and creative potential for personal and collective liberation. She works bi-coastally with individuals and groups and often incorporates her love of singing, meditation, and the natural world. She currently lives with her two cats on Squaxin and Nisqually land, colonized as Olympia WA.

Questions? Visit the Info Booth next to the Event Hall.

Session 2: 10:45am - 11:45am

Let's Cook! Maximizing Your Health and Joy with Free Food Resources

Lauren Johnson (she/her)

In this session, we will review the variety of food resources available to our community and how to make the most of them. We will talk about the specific resources available, then we will cover how you can meal plan on a budget to meet your needs. There will be a low-prep cooking demonstration to show off ways we can use the foods available to us in simpler ways. Even when we lead busy lives, we can still find shortcuts to eat foods we love and nourish our bodies.

About the Facilitator:

Lauren is a registered dietitian and has four years of experience working in public health and nutrition counseling, largely focused on people with limited food budgets. As a single parent who has experienced food insecurity and who has used the variety of food benefits available, she is passionate about helping others make the most of the resources available to them. She cares deeply about removing the shame that can surround using free food resources as well as empower people to eat foods they love.

Dependable Strengths: Part 2

Tami Palmer (she/her)

This is part two (highly recommended that folks attend part one before this session). After you discover your Dependable Strengths you'll have the opportunity to learn how to prove and articulate your strengths in interviews, teams, volunteer opportunities and more. This workshop is fun, experiential and may even be life-changing.

Stronger Together: Sharing Stories of Strength in Community

Meg Rosenberg (she/they)

The purpose of the experience is to create a space for folks to feel a sense of belonging and connection through personal story-sharing. Our stories hold wisdom and sharing them can build resilience. We will celebrate our community and hold each other in love. Everyone will be invited to speak, but rather than insisting people share, we honor the arc of the stories and the rich interconnections between them and us as community members.

Questions? Visit the Info Booth next to the Event Hall.





About the Facilitator:

Meg Rosenberg is deeply invested in the local South Sound community and building dialogue that sparks equitable social change. Their passion is for people and finding the connections between us. Meg studied theatre and interdisciplinary arts throughout middle and high school (Vancouver School of Arts and Academics) and undergraduate studies (BA in Theatre Arts, Anthropology/Sociology, and French from Kalamazoo College '13). Their graduate degree (MPA from The Evergreen State College '18) and professional work have focused on organizational development, education, and diversity, equity, and inclusion. Meg practices Playback Theatre with the local improvisational troupe the Heartsparkle Players and launched Brave Practice Playback Theatre Collective as a Window Seat community engagement program in 2021. Brave Practice uses Playback to help people connect through deep listening, storytelling, and making art with empathy.

Session 3: 1:00pm - 2:00pm

Understanding Your Nervous System: Navigating Money-Related Stress and Growing Your Wealth

Tai Ma (she/they)

Money, a practical tool we use daily, often carries significant emotional and psychological weight. Particularly for marginalized individuals, money-related issues can become major sources of stress and anxiety, triggering an automatic survival response in the nervous system. When faced with a money-related threat - the fear of not having enough, debt, or financial instability - our body's natural survival mechanism (fight, flight, fawn, or freeze) kicks into gear. This workshop explores the chronic activation of survival responses due to ongoing money-related stress and its impact on our ability and capacity to grow our wealth. By understanding our reflexive body responses to money, we can empower ourselves to grow our wealth with confidence and without burning ourselves out.



About the Facilitator:

I am Mayo/Xicanx Shaman & Certified Life Coach. I use a combination of spiritual and evidence based methods to help queer, BIPOC, and allies feel better, navigate challenges, and accomplish goals. I offer one on one coaching, energy healing, and psychic readings. My mission is to help people reconnect with their innate wisdom and dismantle the systems of oppression beginning from within.

Questions? Visit the Info Booth next to the Event Hall.



Exploring Entrepreneurship

Tierra Bonda (she/her)

Have you thought about starting a business? Or maybe you've already started and want to elevate it to the next level? Our workshop, "Exploring Entrepreneurship," is designed to arm you with the knowledge, strategies, and tools necessary to navigate the entrepreneurial landscape successfully.

Improve Nutrition and De-stress your Life with Plants and Weeds

Kate Tossey (she/her)

Come learn about the nutrition and healing powers of plants. Some might be right in your yard, and ready to help you feel better.



About the Facilitator:

Kate has been providing herbal products and education to the community since 2011. She teaches at local libraries, has vended at the Olympia Farmers Market and currently works at the Olympia Food Coop.

Questions? Visit the Info Booth next to the Event Hall.



Questions? Visit the Info Booth next to the Event Hall.