



# MANA Newsletter

*Dear Friends and Partners,*

*MANA's Board and Staff wish you a happy and prosperous New Year 2024. As we reflect back, we are grateful that we were able to reach all our 2023 goals and beyond! Special thank you goes to our WTS Volunteers and Transportation Logistics Multilingual Volunteers. They mean the world to us.*

*To you, our partners and collaborators, we appreciate you all and looking forward to achieving more together in 2024!*

**MANA Team !**



## New Year, New Website

*We are very proud of our new website and hope you will use the link below in yellow to spend a few minutes enjoying it. Check back often to see what's new!*

[www.mana-maine.org](http://www.mana-maine.org)

# 2023 Wrap Up

## Community Wellness and Transportation

### Transportation Data for Oct-Dec 2023

2513 Ride Requests

4130 Riders

1715 Medical Rides

460 Social Service Rides

149 Rides to Immigration

133 Rides for Groceries

### More to share...

*In addition to our usual rides, we also partner with South Portland Schools to transport unhoused students to and from school and with Portland Palavers Strings for their after school program for East End Students.*

*We are so grateful for all our partners who help us address health and social equity through transportation.*

*Read more about our Transportation on our new website! Link below in yellow!*

## Welcoming the Stranger (WTS)

### WTS Thanksgiving Dinner

*In November, WTS family (volunteers and their mentees) gathered once again to celebrate another year of building relationships, understanding and opportunities through the Welcoming The Stranger Program (WTS). There was so much to be grateful for, including the wonderful food, decorations and dancing!*

*Read more about the Welcoming The Stranger Program (WTS) on our new website! Link below in yellow!*



Photo credit: Mark Mattos, Amjambo Africa

# Peer Support and Wellness



## #WEOUTSIDE Winter Orientation

*In December, 25 students participating in the #WEOUTSIDE program met for the first time and received an orientation to the winter outdoor equipment and safety techniques they will be using on their upcoming outdoor adventures. Many thanks to Maine Appalachian Trail Land Trust for the training and to Maine Audubon for hosting our event!*

## Women's Wellness With IWC

*The MANA Wellness Team taught a self-care workshop to participants of the Immigrant Welcome Center's "Women Lead" program. The women connected with their bodies and breath through Yoga and then their unique creativity through painting. Each went home with a wellness package full of goodies and a yoga mat to encourage making self-care part of their daily routine..*



## State Street Women's Group

*MANA is engaged with residents of a communal living space on State Street which houses 40+ new asylum seekers including unaccompanied minors. The MANA Wellness Team is designing programs for both women and men. This picture was taken during a first gathering of a State Street women's group! The women group will be happening every second and fourth Thursday of the month (January-March 2024).*

## MANA and Out Maine

*The MANA Team spent an afternoon with the staff at [@out\\_maine](#) sharing some hard conversations around gender and racial inequities and what it means to create non-discriminatory spaces. We look forward to all the possibilities to work together in 2024.*



**Coming Soon! More Wellness Programs for women and older adults!**



# Wellness Youth Winter Programs



## #GOALS High School Program

#GOALS supports high schoolers to articulate and reach their academic, personal, and wellness goals. Through weekly meetings at schools and monthly overnights retreats in natural settings (January-May 2024). The youth will explore their life choices, mental health, career paths and civic missions in the community. Collaboration with our partners will also provide opportunities for grounding and enjoying themselves in the Maine outdoors!

Read more about #GOALS on our new website! Link below in yellow!

## #WEOUTSIDE Winter 2024

#WEOUTSIDE winter pivots off our summer long outdoors program to offer youth an opportunity to experience Maine's outdoors in the winter! Through a continued partnership with the Maine Appalachian Land Trust and other outdoor organizations we aim to offer youth a chance to learn how to enjoy Maine across seasons!

Read more about #WEOUTSIDE on our new website! Link below in yellow!

