

MANA Quarterly Newsletter April 2023



Dear Friends,

Spring is finally here, the sky is clear and the sun is out to give us more reasons to refresh our minds, look around us, rethink about community impact we are making and be thankful. MANA's Team can't be more grateful for all of you funders, program participants, partners and collaborators. As you read some of MANA's updates from January-March 2023 below, please know that any contributions you made big or small touched our hearts and made us achieve more than expected!

Warmest,

Yvette Unezase, Interim Executive Director



Community Wellness Program

Thirty-seven individuals received peer support through 204 one-on-one sessions. Four support groups were facilitated, two in partnership with PAE and one with the Telling Room.



2/17 we enjoyed a fun evening of connection & self-care with our New Mainers friends living in Freeport hotels in partnership with the First Universalist Church, Yarmouth.



#GOALS Youth Support Group with PAE. Peers shared expectations & dreams for the future through 3 sessions in February-March. More sessions to come



Jan-March, we built trusting relationships with immigrant students & their parents while coaching the East End Community Grade 2/3 bball team and healthy conversations



In March we co-facilitated Parent Support Group sessions with PAE. We focused on parenting styles in US. More sessions to come!



Transportation Program

3372 Requests

- 2206 medical rides
- 587 rides to social services
- 324 rides to shop with vouchers/EBT
- 201 rides to see a caseworker
- 54 rides to immigration offices
- Others (English class for SPAE, students transportation, Covid-19 tests distribution/education,...)

Welcoming the Stranger

WTS matches volunteers with asylum seeking individuals or families, to provide a warm welcome to Maine. So far in 2023, we have made 13 new matches! Accepting new volunteers and participants at wtsmaine.com



What's coming up this Spring/Summer?



- May 10: Sign-up for summer #WEOUTSIDE Youth Program
- April: Live Instagram "MANA Talk" Domestic Violence & Culture
- June-August: #WEOUTSIDE Weekly Youth Program trips