

MANA Quarterly Newsletter

www.mana-maine.org



MANA MINGLE 2023

Thank you so much for Celebrating our 10th Anniversary with us



Thank you to everyone who attended and contributed to making our MANA Mingle held on 10/5 at Indigo Arts Alliances a huge success. And, for those who have been there for MANA since day one, we don't have enough words to express our gratitude! Many Thanks to our funders, partners and program participants for being part of our journey!



MANA participants shared their personal experiences with MANA's transportation, Peer Support and Welcoming the Stranger programs.

Speakers Focused on Destigmatizing Mental Health Challenges



Our guest speaker, Umaru Balde used his inspiring and personal story to provide an international and cross cultural context of individual and collective trauma. We all learned so much from him!

Inspired by her family's immigration trauma healing journey and her personal and professional experience in Peer Support, Moon Machar shared MANA's work toward mental health and racial equity.



Peer Support & Wellness Program

www.mana-maine.org



Women's Wellness

MANA cultivates safe nurturing spaces where women come together to break bread, do facials, paint, visit gardens, do yoga, have mental health conversations. Join us on 2nd and 4th Thursday of the month.



#WEOUTSIDE Winter

MANA is partnering once again with the Maine Appalachian Land Trust and other outdoor education partners to offer youth experiences in Maine's outdoors this winter! Stay tuned for more details!

#GOALS 2024

MANA and Acts for Change will engage highschool students to reach their academic, personal and wellness goals and more. Plans include weekly meetings in schools and monthly retreats in natural settings. More info to come.



Wellness for Older Adults

In order to prevent and combat the public health crisis of elder isolation. MANA is offering bi-weekly wellness workshops for Older Adults living at 10 Congress Square in Portland.



Stay tuned for more workshops in different locations.

Interested? Join us in building intergenerational and cross cultural connections and have fun!

Welcoming The Stranger

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MANA's Welcoming the Stranger program matches volunteers with asylum seeking individuals or families, to provide a warm welcome to the Greater Portland community.



Mentors Needed!

WTS currently has a long waiting list for mentees, so we are actively recruiting volunteers in Greater Portland!

We would also like to extend the program into Sanford if there is enough local interest.... if you might want to volunteer in Greater Portland or Sanford, please email volunteer coordinator Amy at atitcomb@mana-maine.org to learn more!

Annual WTS Thanksgiving Celebration - Coming Up!



We're preparing for our annual WTS celebration for volunteers and program participants on **November 5, from 4-6 PM.**

If you'd like to attend or see how you can help out, please contact Amy at atitcomb@mana-maine.org

Transportation Updates

www.mana-maine.org



What Makes MANA Transportation Different?

- ✓ Community-driven
- ✓ Trauma-Informed
- ✓ Multi-lingual

Free Rides Offered To:

- Non-emergency medical appointments
- Social services such as GA or DHHS
- Pick up food at grocery stores, food pantries, WIC
- Immigration and legal appointments
- Vaccinations and COVID-19 testing

QUARTERLY RIDE STATS:

3917 Requests for Rides

6869 Individual Riders

2409 Medical Rides

833 Social Services Rides

280 Rides To Food Sources

206 Immigration Rides

Thank you for all you do to help my family and the whole community! God bless you MANA!