



**\*\*FOR IMMEDIATE RELEASE\*\***  
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## **FPWA Champions Courageous Conversations in Leadership Development Series Exploring Trauma-informed Care**

**(New York, NY) – FPWA** celebrated the culmination of its first ever Courageous Conversations Leadership Development Series by hosting a communal closing ceremony on Thursday, June 27<sup>th</sup>. Participants from all three professional development tracks - Faith Leaders: Healing the Healers, Nonprofit Staff: Nonprofit Resiliency, and Women of Color: At Work & in the World – are now equipped to capitalize on the intent of trauma-informed care. They are also empowered to build on and access networks, assess needs for organizational transformation at work, make recommendations to improve work life balance, identify ways in which trauma affects the mind, body and spirit and realize the fundamental importance of self-care.

"This year, Courageous Conversations was intentional in creating bold and brave healing spaces for all of us who have experienced trauma, and desire to do the work of making ourselves and our communities whole again," said **FPWA Director of Programs Alecia Anthony**. "Through this process we have given ourselves permission to be, to grow and to love."

Attendees were invited to view a community vision board offering an artistic rendering of key takeaways from the three-track series after breakfast. They were then privy to an intimate courageous conversation led by moderator Rev. Nichelle Jenkins. Panelists Chandeerah Davis from Steps to End Family Violence, Maritza Garcia from Family Services and Nicole Kay from Jacob A. Riis Neighborhood Settlement were also series participants. The panel poignantly emphasized the tools they learned from the process and how they are being incorporated in their workplaces. Discourse throughout the event was ripe with truths about the best ways to address individual needs, organizational gaps and techniques to exercise self-advocacy.

"I really appreciated unpacking what it means to engage in self-care," **explained Rev. Nichelle Jenkins** as she reflected on her exchange with panelists and participants. "It looks different for everybody. There is no need to feel like there's a prescribed path to self-care. I will continue to give myself permission to be both courageous and take care of myself at the same time."

"It's been an honor and a privilege to steward the Courageous Conversations Leadership Development Series work," **said FPWA Program Manager Nakia Johnson**. "The conversations were, in fact, courageous and timely, necessary, and wanted. Through this work, we've created a

space for faith leaders, nonprofit staff, and women of color to give voice and vision to the work that will bring us forward from trauma to transformation.”

“The Nonprofit Resiliency track resonated for me because of things that are really present for me at my agency right now,” **said Davis**. “We do a lot of narrative advocacy. We are saying to courts, and judges and systems that everyone’s story matters. That people’s complex trauma histories matter. Then, a lot of times within our four walls at the agency, staff’s complex trauma histories are not being lifted up or elevated and people are not taking them into consideration. Conversations around that are not happening often enough. What I took from this is that our stories matter.”

“This Courageous Conversations program is phenomenal,” **said FPWA Chief Program and Policy Officer**. “Through the leadership of Alecia and Nakia, this program was expanded beyond the vision for the first Courageous Conversations Conference held in 2017 to a comprehensive series of trainings hitting multiple target populations and opened new, necessary conversations between faith leaders, nonprofits, and women of color.”

This Leadership Development Series set out to support community and faith leaders in deepening their understanding of trauma-informed care, incorporating and modeling trauma-responsive practices into their service delivery model, and working more holistically to create healthy and sustainable communities.

“Today accomplished so many things by rallying everyone together to remind them of their greatness; sending them on their way to continue to do great work in the world,” **remarked Jenkins**.

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## **ABOUT FPWA**

*FPWA is an anti-poverty, policy, and advocacy nonprofit with a membership network of nearly 170 human-service and faith-based organizations. FPWA has been a prominent force in New York City's social services system for more than 95 years, advocating for fair public policies, collaborating with partner agencies, and growing its community-based membership network to meet the needs of New Yorkers. Visit us at <http://fpwa.org/> and follow us on [Facebook](#), [Twitter](#) and [Instagram](#).*



Rev. Nichelle Jenkins delivers an inspiring call-to-action at FPWA's Courageous Conversations Leadership Development Series closing ceremony asking attendees to own their power to courageously encourage themselves. (Joshua Scott/FPWA)



Rev. Nichelle Jenkins leads a courageous conversation about the meaning of self-care and the physical impact of trauma on the body. (Joshua Scott/FPWA)