



Empowered Monthly

Workshop: After Impact: Follow Up Care For Trauma Affected Youth presented at the VPC/Haven Conference

On May 10, 2016, Renee Curry and Mentee, Christine Alegre (image to the right), presented to an audience of health professionals, non-profit leaders and community based organization leaders at the 5th Annual Gang Violence Prevention and Intervention Conference.

Curry discussed mentorship benefits if provided immediately after impact to significantly reduce long term trauma-related symptoms. The workshop offered concrete examples of how to work collaboratively with youth service entities including the juvenile justice system, the Department of Children and Family Services (DCFS), school districts, and health centers in tandem with family members or guardians to ensure quality care with follow through.

CEF's Mentee, Christine, shared her experience entering the juvenile justice system, and how her effort in cultivating trusted relationships and resources made her resilient. Participants discussed their challenges of consistency in service provision and their needs to strengthen access to existing services through more intentional service models.



Christine Alegre

CEF Trauma Informed Care Mentor Spotlight: Cambreisha Montgomery

Cambreisha Montgomery (image to the right) leads CEF's marginalized youth community group at Eastlake, where many of our participants are victims of sex trafficking and/or affected by frequent foster care placement and home instability. Cambreisha facilitates valuable insight and character to our trauma informed mentorship program. She brings intensity in dialogue that the girls are able to connect with and secures trustworthiness through her consistent, weekly class facilitation. Many of the girls have sought her advice on college entrance protocol and career planning. Cambreisha is a graduate of Alabama State University,



Cambreisha Montgomery

Interested in mentoring or volunteering?

Use your Power to Empower and let us know!

Connect With Us



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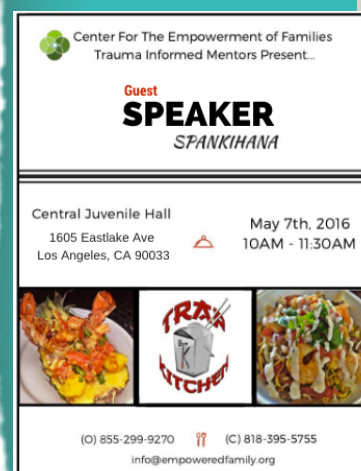
CENTER FOR THE
EMPOWERMENT OF
FAMILIES

"None of us arrive until all of us arrive."

**-Dr. Sharon Rabb,
CEF Founder**

What We've Been Up To

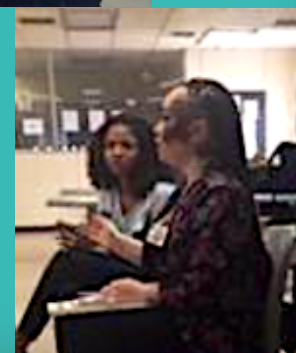
CEF Mentors, volunteers, and Central JH staff at the March 26th Mindfulness



May 7, 2016
Trauma Informed
Mentorship Event:
Career Development & Resiliency
Guest Speakers:
Owners of
celebrity catering
services Trap
Kitchen



Guest Mentor, Celebrity Esthetician, Tanesha Brown, discussed the importance of CONFIDENCE as the number one "make up"



June 28, 2016: Trauma Informed Mentorship Discussion: Health & Wellness

Guest Speaker—Akwi Devine RN, BSN

Akwi was born and raised in Vancouver Canada and is a seasoned healthcare professional with over 14 years experience as an RN specializing in labor, delivery, postpartum, and lactation education. A health and wellness entrepreneur with a strong passion for topics such as nutrition, herbs, holistic natural living and mindfulness.

Akwi's goal is to optimize health, focus, and to improve clarity and well being in the lives of the people and actively engaged with various community based organizations whose mandates support high social impact and improved outcomes for those plagued by socio-economic disparity.



Akwi Devine

CEF Mission

To engage trauma-impacted youth with intervention services of counseling, follow-up care and mentoring to promote the well-being and sustainment of healthy families.