

# Capturing Our Stories and Wellness

## Creating Community Wholeness

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### INTRODUCTION

- The Guild is a multi-sited social enterprise and cross -sector ecosystem, owned and led by Black, Indigenous, people of color (BIPOC). The Guild was founded in the absolute belief that BIPOC communities are filled with talent, strength, beauty, and power. Our sanctuary space has been intentionally designed to promote healing and wellness (The Guild, 2021).
- We will receive stories from the community in context of the pandemic and distinguish the impact that our sanctuary space at The Guild has provided to families.
- We will build relationships and identify how to further implement support based on the voices of the people to radiate community wholeness.



### RELATED LITERATURE

- "As a consequence of assuming a holistic perspective, the authors describe prospects for academic gains, positive progress regarding social—emotional benefits, and overall improved inclusive community-related benefits for both children and their families. " (Halpern, 2019).
- "Understanding these needs is essential for pantries, both to provide clients with the amount and types of food they need and to connect them with a broader safety net through wraparound services or referrals, where possible." (Caspi, 2021).
- This study revealed that 4 types of social support link volunteer—client communication: expressions of trust, expressions of affirmation, practical assistance, and useful information and advice. (Jones, 2017).

### MATERIALS & METHODS

- Interview procedure (+ asking recipients if they are interested in having a conversation with us)
- Based our questions off what we wanted to cover:
  - Knowing who we are speaking to: General introduction questions to start the conversation
  - Their connection with The Guild: How long they have been coming + effect we've had on their families
  - Past year thoughts: What has brought them joy during the pandemic?
  - How can we help more: What would help you feel more whole?
- Equipment
  - Camera
  - On camera microphone
  - LED Light Stand
- Alternatives to being recorded:
  - Writing responses to questions on paper
  - Having only their audio being

# COMMUNITY: LOVE WELLNESS WE WANT TO CONNECT AND SUPPORT YOU! Talk to us! What has visiting the Guild been like for you and your family? Have you ever experienced a sanctuary space like The Guild? What has brought you joy over the last year? What would help you feel more whole? Can be on video, audio recorded, written responses. It's up to you! TUESDAYS 4 - 8 PM B SATURDAYS 11 - 3 PM



The images **above** are flyers created to recruit community members to participate

### RESULTS

• Although this recent qualitative work is still on-going and active, we have collected valuable information to consider.

### Common Themes:

The <i>frequency</i> in visiting our pantry	Most participants reported that they have been coming consistently for about a year
Being considered a supportive and beneficial space for the community and families	Conversations held with individuals commonly included the topic of finances and much we assist their day to day lives
Impact of our <i>holistic</i> approach	Our community often claims how much of an effect the intentional music, design, aroma, etc., has on their experience at The Guild

### Valuable Voices:

"There's a lot of stuff I get from here that I'm able to save and take things off my shopping list. Me and my two daughters find it very helpful and useful."

"God Bless everyone here."

"It's a good space with good songs, everything here is nice."

### CONCLUSIONS

Throughout my experience at The Guild, it has been a blessing to connect with the community on a personal level and further deepen relationships with others. Opening and holding space for their voices has been rewarding and impactful for both the participants and myself. Having conversations in our space has allowed for vulnerability, created community wholeness, and a sense of unity. This is important because engaging with others brings change, support, and love to the community.

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