



Fostering healing and leadership within the community so that together we may create a brighter future for all those who call the Tenderloin their home.

WELLNESS

We care for the body, mind, and spirit

- Yoga, Poetry, 12-Steps and more
- Fresh Produce Distribution
- Community Meals
- Wellness Fairs

EMPOWERMENT

We develop leaders and encourage the sharing of talents

- Internship program
- Trauma-informed trainings
- Neighborhood bridge-building
- Community outreach

LIBERATION

We inspire freedom to be our best selves

- Reiki/Healing Touch
- Storytelling
- Monthly field trips
- Public space activation

LOVE

We seek new ways to love ourselves and others

- Calming and beautiful space
- Hospitality mornings
- Celebrations
- Group volunteer opportunities