YOU’RE INVITED!

BOSTONIANS FOR YOUTH
Healing for an Equitable Boston
EMBODY THE CHANGE

Friday, June 7, 2024 • 6pm
Fairmont Copley Plaza
trinityconnects.org/bfy

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Summit Montessori School
Cardurion Pharmaceuticals

Pam Waterman
Museum of African American History
Our city’s youth are facing intensified life stressors including ongoing school violence, societal turbulence, and overexposure to harmful social media content. Yet TBC’s commitment to healing through transformative practices remains steadfast amid challenging times.

We know the shifts and trauma we experience live in our bodies. And since harm involves our whole bodies, so must our healing. That is why the 17th annual Bostonians for Youth Gala will highlight somatics as a new way to Embody the Change we want to see on our collective journey to racial equity.

The combination of our 3 Essential Community Practices (3 ECPs) – racial equity, trauma inclusion, and restorative justice – promotes healing for youth and adults across our programs. Somatics anchors the healing effect of our 3 ECPs through the body by engaging our thoughts, feelings, and capacity to act. It goes beyond understanding and insight to help us embody our visions and values in new ways, particularly under pressure. This is vital for healing trauma, improving wellness, shifting behavior, and advancing racial equity.

Join us as we celebrate our city’s youth, heal together, and learn how we can Embody the Change!