



# Healing for Change

*... from the inside out*

**A recognized club of the Associated Students at CCSF and  
a Service Learning Project of the CCSF Office of Mentoring and Service Learning**

## **Our Vision**

We recognize healing as a mind/body/spirit journey. Each person has her/his own path. Our own healing is an integral part of the healing of our families, friends, and communities.

## **Our Mission**

~ To **share** resources and build a network of support for survivors of violence and trauma and those affected by it. Specifically, to **connect** community organizations to education services and classes at CCSF and to connect students at CCSF with services and support networks in the community.

~ To **empower** students to learn leadership skills for organizing major events in the fall and the spring for students and the larger community.

~ To **be** the change we want to see in the world, we embrace our own self healing as well as healing our communities.

## **Our Process**

- We create a group process that respects and values the individual as well as the group. We encourage each person to speak and to listen.
- We maintain a sense of positive, forward motion and encourage people to attend our circles no matter what their energy level, even if they are not at their “best”.
- We encourage everyone to access and develop their inner strength and wisdom and we act as resources for each other.
- We model, teach, articulate, and integrate leadership skills.
- We leave each gathering with a clear sense of what each person is doing.
- We choose our work with heart.
- We are creating a path for others to follow and expand.
- We recognize each other for being, for showing up, for our unique gifts.
- We celebrate Healing for Change as a good idea and a good place to be.

**For more info on events for women, contact Dr. Trinity Ordona, [tordona@ccsf.edu](mailto:tordona@ccsf.edu)  
and for the Men's group, contact Mr. Patrick Barresi, [pbarresi@ccsf.edu](mailto:pbarresi@ccsf.edu).**