

FAME-EAW

July Newsletter

fame-eaw.org

July 26, 2024



Equity Alliance of
WASHINGTON
— F.A.M.E. —
Thrive • Revive • Dwell

Advocating for Change and Community Building



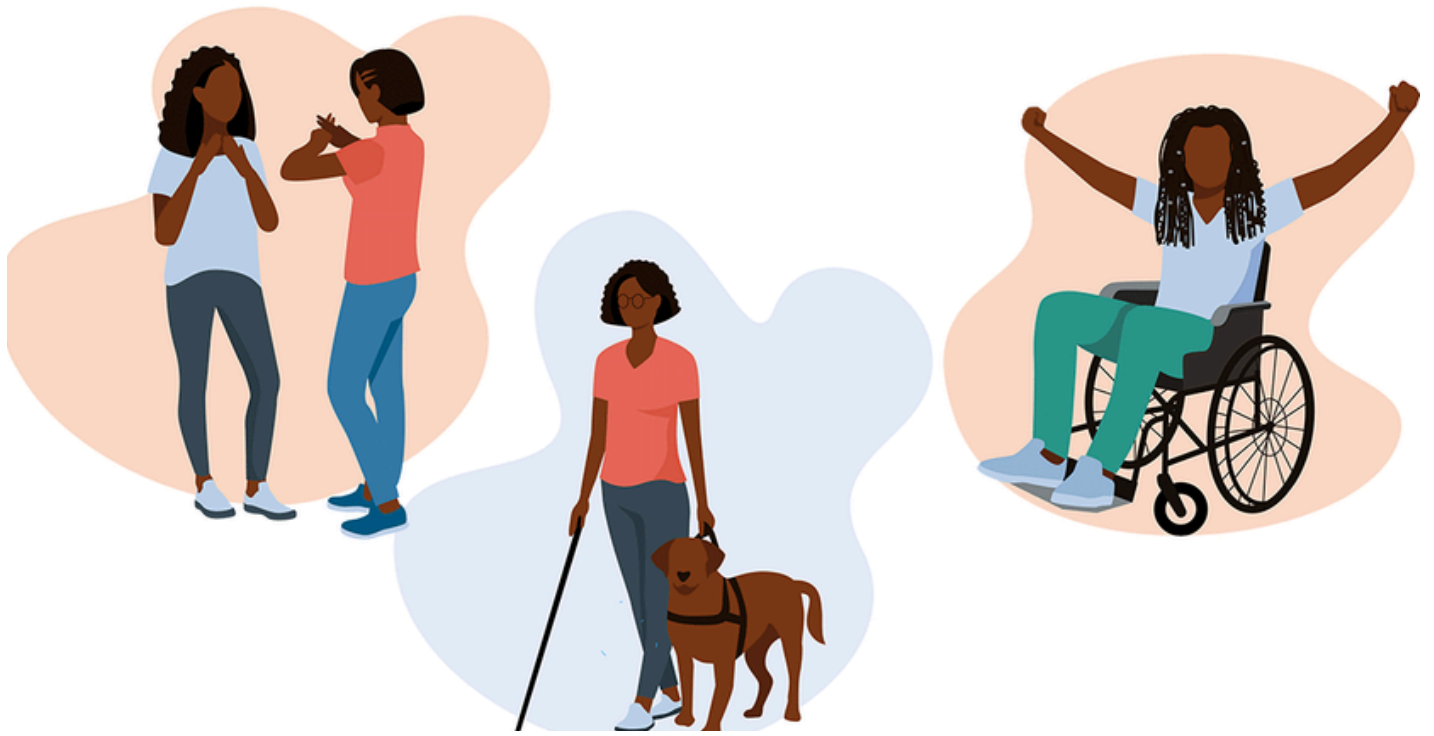
Letter from FAME-EAW

As we celebrated Nelson Mandela Day on July 18th, we reflected on the enduring legacy of a man whose unwavering commitment to justice, equality, and human rights has inspired generations. Nelson Mandela, a revolutionary leader and former President of South Africa, dedicated his life to fighting against apartheid and advocating for social justice. His teachings continue to resonate deeply, guiding organizations like FAME-Equity Alliance of Washington (FAME-EAW) in our mission to uplift and empower marginalized communities.

Nelson Mandela's life was marked by a relentless pursuit of equality and justice. Imprisoned for 27 years for his anti-apartheid activities, Mandela emerged as a global symbol of resilience and forgiveness. His efforts culminated in the dismantling of apartheid and the establishment of a democratic South Africa. Mandela's principles of justice and equality are at the heart of FAME-EAW's mission. We are inspired by his vision of a world where everyone, regardless of race or background, has the opportunity to thrive.

Housing justice is a critical aspect of Mandela's vision for equality. Access to safe, affordable housing is a fundamental human right and a cornerstone of community empowerment. FAME-EAW is committed to fostering economic empowerment, creating safe and inclusive living environments, and delivering transformative services to Black families in Seattle. By providing support services, educational programs, and economic growth initiatives, we aim to create a future where every individual has the resources and support needed to achieve stability and success.

As we honor Nelson Mandela's legacy, let us reaffirm our commitment to his ideals. We can and will continue to fight for justice, equality, and empowerment, building a brighter and more equitable future for all.



Championing Accessible Housing in the Black Community

In the spirit of advocating for justice and equality, we also recognize the importance of Disability Pride Month this July. Advocacy for inclusion in housing is critical, particularly within the Black community, where multigenerational living is prevalent. As seniors age and require more accessible living environments, it becomes increasingly important to ensure that housing meets the diverse needs of all family members.

Promoting accessible housing is not just about compliance; it's about dignity, independence, and creating a community where everyone can thrive. Accessibility features such as ramps, wider doorways, and modified bathrooms can significantly improve the quality of life for individuals with disabilities and seniors. These modifications allow individuals to live independently, safely, and with greater ease, fostering a sense of belonging and inclusion within their communities. By promoting accessible housing, we can help dismantle barriers and create more equitable living conditions for all.

Quote of the Month!

“It always seems impossible until it is done.”
— Nelson Mandela

Prioritizing Minority Mental Health: Addressing Teen Mental Health and Community Violence

It's Minority Mental Health Month, a crucial time to address the profound impact of poor mental health. Teens, in particular, are navigating a complex world where systemic challenges can amplify their struggles. By fostering strong community connections and emphasizing community care, we can create a supportive environment that helps mitigate these risks and promotes overall well-being.

Teens today face immense pressures, from academic stress to social media influences, and systemic inequalities that disproportionately affect minority communities. These factors can lead to feelings of hopelessness, anxiety, and depression. When left unaddressed, these mental health struggles can manifest into destructive behaviors, including violence that can impact the entire community.

As a community, it's important to understand the root causes of these issues and work collectively to provide support and care. Building strong community connections and fostering an environment of empathy and understanding can make a significant difference. We must prioritize open conversations about mental health, create safe spaces for teens to express their feelings, and ensure access to mental health resources. Community care is about looking out for one another, recognizing signs of distress, and offering support before issues escalate.

In Seattle, organizations like the Seattle Children's Hospital offer comprehensive mental health services tailored to young people. The Black Emotional and Mental Health Collective (BEAM) also provides culturally competent care and support. FAME EAW is also dedicated to opening families up to prosperity and wellness. These resources are needed for fostering a sense of security and hope among our youth. Together, we can combat the factors leading to poor mental health and work towards a future where every individual feels seen, supported, and valued.



FAME-EAW Updates

We want to extend our heartfelt thanks to everyone who attended our Cotton Club Seattle Nights Fundraiser! It was a night filled with incredible fellowship, dancing to live music, and enjoying delicious New Orleans-style food. Your presence and support made the evening unforgettable and impactful.

The energy in the room was electric as we came together to celebrate and uplift our community. From the lively performances to the camaraderie shared over an amazing meal, every moment was a testament to the strength and unity of our community.

We are deeply grateful for your support, which helps us continue our vital work in housing justice and community empowerment. The funds raised will go directly towards our initiatives to provide safe, accessible housing and essential resources for Black families in Seattle.

Thank you for making this event such a success. We look forward to more wonderful moments with all of you in the future! If you want to join our mission you can still support by donating at any time.

Empowering Our Community: Check out these Exciting Upcoming Events

- [2024 and the Future of American Democracy](#) | July 25 | 17627 Talbot Rd
- ["Fresh Perspectives" Artist/Curator Panel](#) | July 26 | TASWIRA
- [AFROLITUATION Seattle X BLASTFEST](#) | July 26 | OHM Nightclub
- [Blastfest](#) | July 27 | Seattle Center
- [Leroy Bell and His Only Friends](#) | Aug 2 | San Juan Island Brewing Co
- [UMOJA Fest 2024](#) | Aug 3 | Judkins Park
- [206 Zulu 20th Anniversary Celebration - Soulful Monday's](#) | Aug 5 | Washington Hall Squire Park

Your support means the world to us! Stay tuned for more updates and opportunities to get involved.



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