

# Empowering Incarcerated Families

*Incarceration affects entire families and communities*



**EMPOWERING  
INCARCERATED FAMILIES**

**BOTH SIDES OF THE WALL**

## Monthly Workshops and Networking

DATE/TIME

**3rd Saturdays  
1pm - 3pm**

LOCATION

**Old Oak Dojo  
14 Chestnut Place  
Jamaica Plain, MA 02130**

### PROJECT DIRECTORS CONTACT INFO:

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### ABOUT THE PROJECT

This public history project is a multiyear endeavor that focuses on eliminating the stress and trauma of families who experience generational incarceration. By focusing on addressing the stress and trauma of familial incarceration, we aim to empower BIPOC communities and residents in the preservation, creation, and curation of their community histories. In order to optimize one's health, it is essential to understand the relationship of psychological and emotional trauma on the physical body.

This project aims to partner with community groups and stakeholders and hold workshops, give presentations, and lead classes on trauma and stress to help prepare those individuals and groups on how to work with and deal with the population of intergenerationally incarcerated families. We also value preserving the lived experience and historical knowledge of generational trauma in children due to familial incarceration.



OLD OAK DOJO 

