2017 Freedom Health Day a Huge Success

Congratulations to all of the participants from this year’s Freedom Health Day! We kicked off the event with our annual 5K race early in the morning. Over the course of the day over 300 participants came by Reindahl Park to eat BBQ, watch dance performances, and compete.

For the first year ever we had a chess tournament, as well as our usual volleyball and basketball tournaments, and the dance battle. This event started when we wanted to focus on what health looks like in our community. We decided to create an inclusive and fun opportunity for people of color, elders, and youth to run, compete, dance, and share food together. It has evolved over the years and continues to grow and expand in many exciting ways.
New Programs: Black Boy Free and Lotus Youth Group

Black Boy Free, led by Mike Davis, is a program that is culturally specific for Black boys, designed to build community, practice self-love, and gain knowledge and mentorship. Led by Savang Chhorm, Lotus Youth Group is a program for Cambodian youth helps educate and build healthy relationships with families and communities through dance and cultural arts.

Political Education in Cuba

In August, six of our Black staff plus support staff traveled to Cuba for political education. This was an invaluable opportunity to come together and learn about oppressive structures and how to overturn them from activists in Cuba. This trip provided our community organizers with a deeper understanding of the work that we need to do to build community and understand true liberation.

Haunted, Inc. Provides Spooktacular Fun for Our Youth

We celebrated Halloween with a haunted house and plenty of treats for our youth members.
We co-facilitated a training with Pada Lo on “LGBTQ 101” with the Wisconsin Women’s Training Institute.

In October, members of our Wisdom Project traveled to The Dells for a retreat. They shared stories about their lives and had space for healing.

Our Response to Charlottesville

In the wake of white supremacist events in Charlottesville, VA we held space at Freedom, Inc. for our Black community to come together. We talked about what happened and worked toward collective healing. Although we are always saddened to see white supremacy leading to violence and hate, such occurrences simply affirm our commitment to fighting for racial justice and building strength from within our communities. We hope that you will join us in the fight!

Retreat for Khmer Women’s Healing

Savang Chhorm and Jenny Sem held a healing retreat with 17 Khmer women and their children in The Dells. The goal of the retreat was to gather women together to build community, engage in storytelling, laugh and cry together, talk about gender violence, and set goals about moving toward justice. Chhaya Chhom was the facilitator from Mekong NYC. Most of the women had never had this kind of opportunity before.
Conferences Attended by Our Staff

We are committed to increasing our knowledge, which means sending our members and staff to conferences and gatherings all over the world! Some of our recent attendance:

- Sistersong Women of Color Reproductive Justice Collective conference in New Orleans
- Southeast Asian Resource Action Center (SERAC) summit on SE Asian American equity in Washington, DC
- 14th Annual Hmong Women's Courage Banquet in Steven's Point

Join one of our groups!

Our anti-violence work includes culturally specific one-on-one support, case management, advocacy, and weekly support groups. Some of our culturally specific programs are:

- **Black Girls Matter** for Black girls
- **Black Boy Free** for Black boys
- **Debra's Love** for Black women and seniors
- **Freemen** for Southeast Asian boys
- **Freetinkers** for Black adult education and liberation
- **Khmer Ankor Dance Group** for Cambodian youth
- **Khmer Women's Healing** for Khmer women elders
- **Nkauj Hmoob** for Southeast Asian girls
- **Rhythm for Freedom** dance program for boys of color
- **Viv Ncaus** art and dance program for Hmong girls
- **Wisdom Project** for Hmong women elders

Contact Us

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For any help regarding gender or domestic violence please call us at 608-416-5337 or the Hmong domestic line 1-877-740-4292