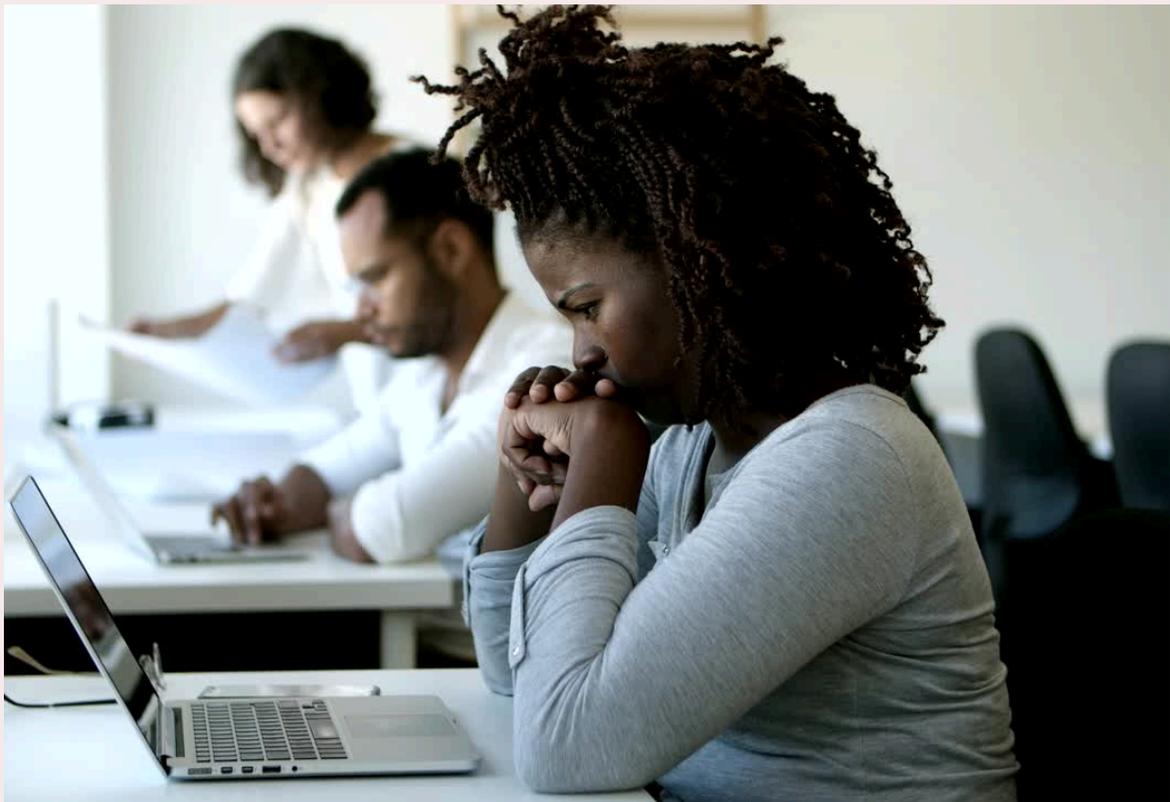


WOMEN TO WOMEN INITIATIVE



By : Shanena Lewis

**EMPOWERING WOMEN THROUGH GRIEF
TO BECOME CHANGE AGENTS**





Introduction:

Welcome to the Women to Women Initiative, a transformative journey designed to empower women who have experienced profound grief, particularly the loss of a child. This program recognizes that grief is a deeply personal and often isolating experience, but it also acknowledges the incredible strength that can emerge from this pain. Our mission is to guide women through their grief and inspire them to become powerful change agents in their communities.

Vision :

The Women to Women Initiative envisions a world where women, despite their grief, harness their experiences to advocate for change, create community support, and lead efforts to prevent future tragedies. We believe that every woman has the potential to transform her pain into purpose, inspiring others along the way and driving meaningful social change.

Goals:

1. Building Community: *We aim to create a safe and supportive environment where women can connect, share their stories, and support one another on their healing journeys. Through group discussions, activities, and shared experiences, participants will form lasting bonds and networks of support.*

2. Empowerment through Education: *Participants will learn about advocacy, community engagement, and the power of their voices. We will equip women with the tools and knowledge necessary to address issues related to grief, loss, and gun violence prevention.*

3. Self-Discovery and Growth: *The initiative will encourage self-reflection and personal growth. Through workshops, journaling, and creative expression, women will explore their strengths and identify their passions, enabling them to take actionable steps toward becoming advocates for change.*

4. Action-Oriented Advocacy: *We will focus on equipping participants with the skills to identify community needs, understand relevant data, and advocate for effective solutions. By analyzing gun violence statistics and exploring local issues, participants will learn how to mobilize their communities for positive change.*

Program Structure

Over the course of one year, participants will engage in a series of structured sessions, each centered around monthly themes that build upon one another. This progressive framework allows women to gradually shift from processing their grief to embracing their roles as change agents. Each session will include opportunities for discussion, skill-building, self-care, and reflection, ensuring that participants are supported throughout their journey.

Who We Are:

The Women to Women Initiative is led by a dedicated team of facilitators, including grief counselors, community leaders, and women who have transformed their own experiences of loss into advocacy and action. Our team is committed to fostering a compassionate space where participants feel heard, valued, and empowered.

WE ARE GLAD YOU JOINED US:



We invite you to embark on this journey with us, to transform your grief into a driving force for change. Together, we will honor our losses while paving the way for a brighter future for ourselves and our communities. Through shared strength and collective action, we can become powerful voices for those who can no longer speak for themselves.

Thank you for being here. We look forward to walking this path with you.

Your Course Journey: Overview

Empowering Grief Through Community Advocacy

June 2025	From Grief to Healing - Building Foundations for Change This month focuses on creating a supportive community where participants can share their grief and begin to build trust with one another.	PAGE 9-11
July 2025	Discovering Personal Strengths for Change Participants will identify and celebrate their unique strengths as tools for advocacy and personal growth.	PAGE 12-14
August 2025	Understanding Data for Advocacy This month will equip participants with the skills to analyze gun violence data to identify areas in need of advocacy and intervention.	PAGE 15-17
Sept 2025	Empowered Advocacy Skills Participants will learn essential advocacy skills, including effective communication and community engagement strategies.	PAGE 18-21
Oct 2025	Mindfulness and Self-Compassion in Advocacy This month emphasizes the importance of mindfulness and self-compassion as vital tools for sustaining advocacy efforts.	PAGE 22-24

Your Course Journey: Overview

Empowering Grief Through Community Advocacy

Nov 2025	Gratitude and Reflection for Change <p>Participants will engage in gratitude practices and reflect on their growth as advocates, honoring their journeys and the lessons learned.</p>	PAGE 25–27
Dec 2025	Celebrating Resilience and Impact <p>This month focuses on honoring lost loved ones while celebrating the resilience and impact participants have made through their advocacy efforts.</p>	PAGE 28-31
Jan 2026	Strengthening Bonds and Sharing Stories <p>Participants will foster deeper connections by sharing their personal stories and learning from one another's experiences.</p>	PAGE 32-35
Feb 2026	Advocacy for Empowerment <p>This month centers on equipping participants with the knowledge and skills to advocate effectively for gun violence prevention.</p>	PAGE 36-40

Your Course Journey: Overview

Empowering Grief Through Community Advocacy

March 2026	Nurturing Well-Being for Advocacy Participants will explore holistic self-care practices that support their well-being while engaging in advocacy.	PAGE 41-46
April 2026	Healing Through Creativity and Expression This month encourages participants to use creative expression as a means of healing and advocacy, fostering connections through art.	PAGE 47-49
May 2026	Cultivating Hope and Vision for Change Participants will envision their futures as change agents and create actionable plans to achieve their advocacy goals	PAGE 50-53
June 2026	Resilience in Adversity and Empowering Change- Graduation Ceremony The final month focuses on reflecting on personal strengths and resilience, solidifying participants' roles as empowered advocates for change.	PAGE 54-56

JUNE 2025



From Grief to Healing: Building Foundations for Change

JUNE SESSION 1

Welcome and Introductions

6:00 PM - 6:15 PM: Introductions and Icebreaker Activities

Icebreaker Activities

(<https://www.icebreakers.ws/>)

6:15 PM - 7:00 PM: Group Sharing: What Brought You Here & Discussion on Expectations and Hopes

7:00 PM - 7:30 PM: Journal Prompt: Reflect on Your Grief Journey

Journal Prompts

(<https://www.journalprompts.org/>).

7:30 PM - 8:00 PM: Final Thoughts, Next Steps & Pre-Survey

Homework: *Journal about your goals for this initiative:*

JUNE SESSION 2

Sharing Our Grief Stories

6:00 PM - 6:15 PM: Welcome Back
and Check-In

6:15 PM - 6:45 PM: Small Group
Sharing of Personal Grief
Experiences

6:45 PM - 7:00 PM: Discussion on
the Importance of Sharing

**7:00 PM - 7:30 PM: Journal
Prompt:** What Emotions Did You
Experience?

7:30 PM - 8:00 PM: Final Thoughts
and Next Steps

Homework: *Reflect on one coping mechanism
that has helped you and write about it.*

JULY 2025



**Discovering
Personal Strengths
for Change**

JULY

SESSION 1

Exploring Hope in Grief

6:00 PM - 6:15 PM: Welcome Back and Check-In

6:15 PM - 6:45 PM: Group Discussion on What Hope Means

6:45 PM - 7:00 PM: Sharing Personal Stories of Hope

7:00 PM - 7:30 PM: Journal Prompt: What Gives You Hope?

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

Homework: Identify and write down three strengths you possess that can help in your advocacy.

JULY

SESSION 2:

Identifying Character Strengths

6:00 PM - 6:15 PM: Welcome Back and Check-In

6:15 PM - 6:45 PM: Group Discussion on What Hope Means

6:45 PM - 7:00 PM: Sharing Personal Stories of Hope

7:00 PM - 7:30 PM: Journal Prompt: What Gives You Hope

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

Homework: Reflect on one strength and write a brief action plan on how to utilize it in your advocacy.

AUGUST 2025



Understanding Data for Advocacy

AUGUST SESSIONS 1

Introduction to Gun Violence Data

6:00 PM - 6:15 PM: Welcome and Check-In

6:15 PM - 6:45 PM: Overview of Gun
Violence Statistics
Gun Violence Archive

(<https://www.gunviolencearchive.org/>)

6:45 PM - 7:15 PM: Group Discussion on the
Importance of Data

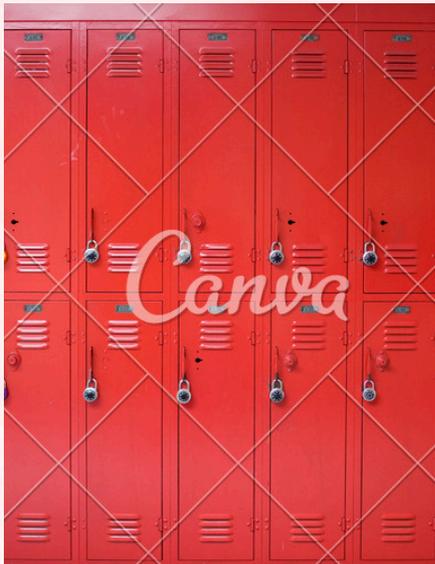
7:15 PM - 7:30 PM: Journal Prompt: What
Statistics Resonate with You?

7:30 PM - 8:00 PM: Final Thoughts and
Next Steps

Homework: Research one local statistic related to gun violence and write about its implications.

AUGUST SESSION 2

Locker's Of Love Activity



6:00 PM - 6:15 PM: Welcome and Check-In

6:15 PM - 6:45 PM: Introduction to "Lockers of Love" and
Selecting Lockers

6:45 PM - 7:00 PM: Discussion on the Meaning Behind
Personalizing Lockers

7:00 PM - 7:30 PM: Journal Prompt: What Colors and Symbols
Represent Your Loved One?

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

SEPTEMBER 2025

Empowered Advocacy Skills



September 2025

Session 1:

Understanding Advocacy

6:00 PM - 6:15 PM: Welcome Back and Check-In

6:15 PM - 6:45 PM: Discussion on the Importance of Advocacy

5 Elements of Successful Advocacy

<https://prntexas.org/5-elements-of-successful-advocacy/>

6:45 PM - 7:00 PM: Identify Personal Advocacy Interest

7:00 PM - 7:30 PM: Journal Prompt: What Advocacy Approaches Resonate with You?

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

Homework: Research advocacy and complete the worksheet on the next page 

Advocacy Checklist

Use this checklist to systematically work through essential steps

Strengths

Reflect on strength and write a brief action plan on how to utilize it in your advocacy.

<input type="checkbox"/>	

Actions

This section focuses on launching your plan and delivering advocacy.

<input type="checkbox"/>	

September 2025

Session 2

Effective Communication
Strategies

6:00 PM - 6:15 PM: Welcome and Recap

6:15 PM - 6:45 PM: Role-Play Public Speaking
and Letter Writing

Public Speaking Tips
(<https://www.toastmasters.org/>)

6:45 PM - 7:00 PM: Discussion on
Communication Skills

7:00 PM - 7:30 PM: Journal Prompt: How Do
You Feel About Using Your Voice?

7:30 PM - 8:00 PM: Final Thoughts and Next
Steps

Homework: Draft a letter to a local
representative advocating for a specific
issue related to gun violence.

October 2025:

Mindfulness and Self-Compassion in Advocacy



October 2025

Session 1

Introduction to
Mindfulness

6:00 PM - 6:15 PM: Welcome and Check-In

6:15 PM - 7:00 PM: Guided Mindfulness Meditation Session/Group Discussion on the Experience

Mindfulness Exercises

7:00 PM - 7:30 PM: Journal Prompt:
What Did You Experience During the Meditation?

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

Homework: Practice mindfulness meditation for at least 10 minutes each day and note your feelings.

October 2025

Session 2

Practicing Self- Compassion

6:00 PM - 6:15 PM: Welcome and Recap

6:15 PM - 6:45PM: Discussion on Self-Kindness and Acceptance

6:45 PM - 7:00 PM: Activity: Write a Letter to Yourself

7:00 PM - 7:30 PM: Journal Prompt: How Can You Be More Compassionate Towards Yourself?

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

Homework: Practice mindfulness meditation for at least 10 minutes each day and note your feelings.

November 2025:

Celebrating Resilience and Impact
Overview:

This month focuses on honoring lost loved ones while celebrating the resilience and impact participants have made through their advocacy efforts.



NOVEMBER 2025

Session 1:

Gratitude Sharing

6:00 PM - 6:15 PM: Welcome Back and Check-In

6:15 PM - 6:45 PM: Group Gratitude Circle
(<https://positivepsychology.com/gratitude-journal/>)

-6:45 PM - 7:00 PM: Share Gratitude Stories

7:00 PM - 7:30 PM: Journal Prompt: What Are You Grateful for This Week?

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

Homework: Create a list of things to be thankful for.

NOVEMBER 2025

Session 2

Identifying Core Values In Advocacy

6:00 Pm- 6:15 Pm Welcome and Recap

6:15 PM - 6:45 PM: Explore Personal Values and Priorities

6:45 PM - 7:00 PM: Group Discussion on Core Values

7:00 PM - 7:30 PM: Journal Prompt: What Values Guide Your Advocacy Efforts?

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

December 2025:

Celebrating Resilience and Impact
Overview:

This month focuses on honoring lost loved ones while celebrating the resilience and impact participants have made through their advocacy efforts.



December 2025

Session 1

Remembrance Activities

6:00 PM - 6:15 PM: *Welcome Back and Check-In*

6:15 PM - 6:45 PM: *Create Memorial Ornaments for a Holiday Tree*

6:45 PM - 7:00 PM: *Share Memories Associated with Ornaments*

7:00 PM - 7:30 PM: *Journal Prompt: What Memory Do You Want to Honor?*

7:30 PM - 8:00 PM: *Final Thoughts & Next Steps*

Homework: Write a letter to your loved one, expressing your feelings and memories.

December 2025

Session 2

Community Outreach for Change

6:00 PM - 6:15 PM: *Welcome and Recap*

6:15 PM - 6:45 PM: *Collect Donations for Local Shelters or Advocacy Organizations*

6:45 PM - 7:00 PM: *Discussion on the Impact of Giving Back*

7:00 PM - 7:30 PM: *Journal Prompt: How Does Giving Back Help Your Healing?*

7:30 PM - 8:00 PM: *Final Thoughts and Next Steps*

Homework: Plan one act of kindness you can perform.

2026

To do list

Organize your goals, track completion dates, and capture your quick thoughts and ideas all in one place.

<i>MY 2026 Goals</i>	<i>Date</i>	<i>Done</i>
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		
11		
12		

My quick notes

January 2026:

Strengthening Bonds and Sharing Stories

Overview:

Participants will foster deeper connections by sharing their personal stories and learning from one another's experiences.



January 2026

Session 1

Storytelling and Sharing

6:00 PM - 6:15 PM: *Welcome Back and Check-In*

6:15 PM - 6:45 PM: *Personal Storytelling in Small Groups*

6:45 PM - 7:00 PM: *Group Discussion on Themes*

7:00 PM - 7:30 PM: *Journal Prompt: How Has Your Journey Shaped You*

7:30 PM - 8:00 PM: *Final Thoughts and Next Steps.*

Homework: Write your story in a paragraph, focusing on a key moment that impacted your life.

January 2026

Session 2

Writing Our Stories

6:00 PM - 6:15 PM: *Welcome and Recap*

6:15 PM - 6:45 PM: *Workshop on Crafting Personal Narratives*

Writing Prompts

(<https://www.writersdigest.com/prompts>)

6:45 PM - 7:00 PM: *Share Written Stories with the Group*

7:00 PM - 7:30 PM: *Journal Prompt: What Story Do You Want to Share?*

7:30 PM - 8:00 PM: *Final Thoughts and Next Steps*

Homework: Revise your story based on feedback and prepare to share in the next session.

February 2026

Advocacy for Empowerment

Overview: This month centers on equipping participants with the knowledge and skills to advocate effectively for gun violence prevention.



February 2026

Session 1:

Understanding Gun Violence

6:00 PM - 6:15 PM: *Welcome and Check-In*

6:15 PM - 6:45 PM: *Discussion on the Effects of Gun Violence in Communities*

Gun Violence Archive
(<https://www.gunviolencearchive.org/>)

6:45 PM - 7:00 PM: *Group Discussion on Personal Experiences with Gun Violence*

7:00 PM - 7:30 PM: Journal Prompt: *How Has Gun Violence Affected Your Life or Community?*

7:30 PM - 8:00 PM: *Final Thoughts and Next Steps*

Homework: Research a topic local statistic related to gun violence and write about its implications.

February 2026

Session 2

Awareness Campaign Strategies

6:00 PM - 6:15 PM: *Welcome and Recap*

6:15 PM - 6:45 PM: *Brainstorm Ideas for Awareness Campaigns*

Community Engagement Strategies

6:45 PM - 7:00 PM: *Discussion on Successful Advocacy Campaigns*

7:00 PM - 7:30 PM: Journal Prompt: *What Message Do You Want to Communicate?*

7:30 PM - 8:00 PM: *Final Thoughts and Next Steps*

Homework: Write a mission for a campaign



STEP 2

Engagement

Tactics

Mobilize
Supporters
To Take
Action

- Petitions and letter writing
- INTERACTIVE CHALLENGES
- Storytelling



03.

ACTION:

TAKE A STAND
ACT NOW FOR A
BETTER
TOMORROW

**DRIVE CONCRETE
ACTION AND
CREATE LASTING
CHANGE**

Fundraising Initiatives

Launch a Fundraising
campaign

Advocacy Days

Organize a Day where
Supporters can lobby local
government

Follow- Up Recommendations

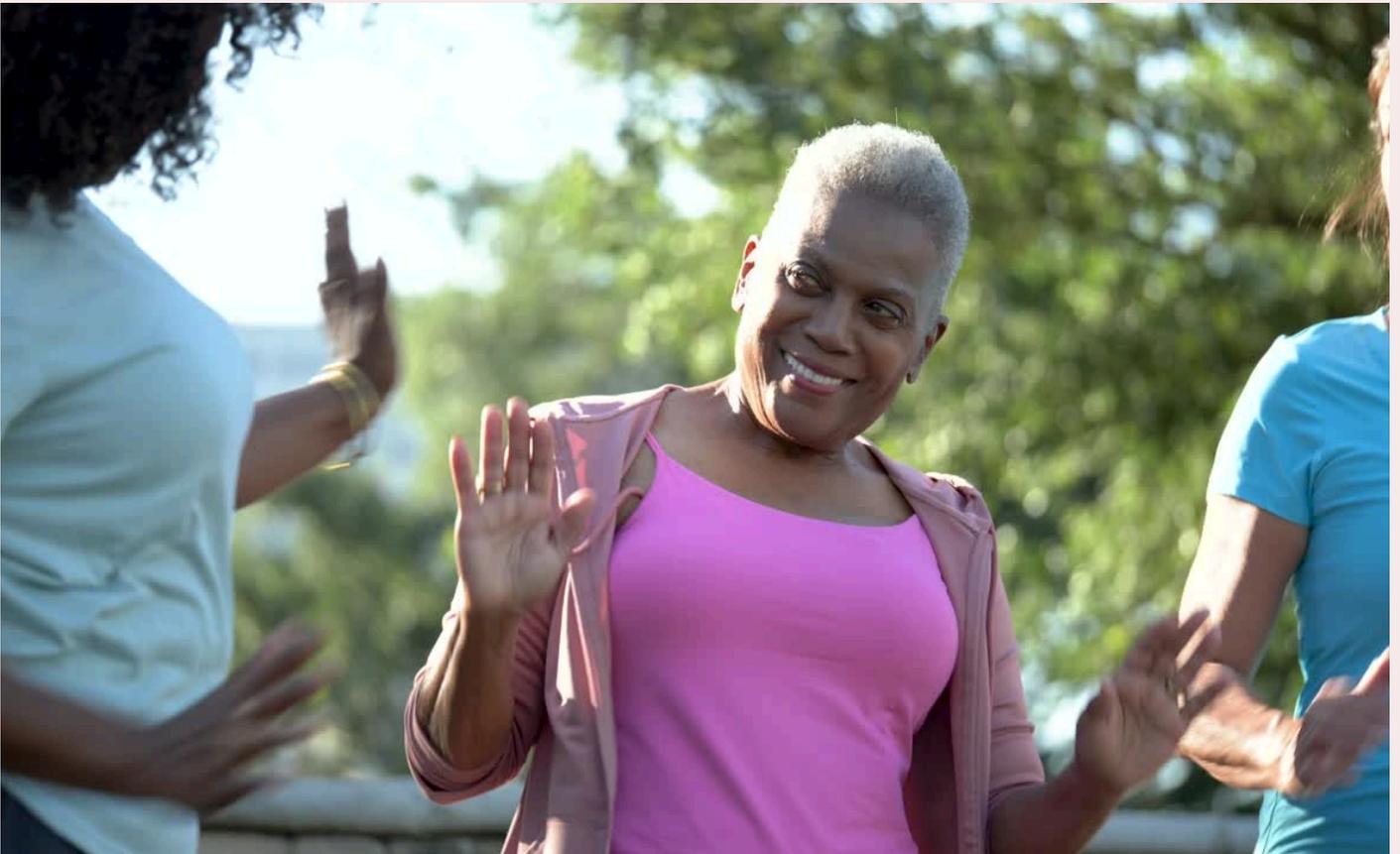
Create news letters to keep
suppoters informed



March 2026:

Nurturing Well-Being for Advocacy

Overview: Participants will explore holistic self-care practices that support their well-being while engaging in advocacy.



March 2026:

Session 1: Mindfulness and Relaxation Techniques

6:00 PM - 6:15 PM: *Welcome Back and Check-In*

6:15 PM - 6:45 PM: *Guided Relaxation Techniques*

Mindfulness Exercises
(<https://www.meditationoasis.com/>)

6:45 PM - 7:00 PM: *Group Discussion on How Relaxation Affects Advocacy*

7:00 PM - 7:30 PM: Journal Prompt:
What Relaxation Techniques Work for You?

7:30 PM - 8:00 PM: *Final Thoughts and Next Steps*

Homework: Practice one relaxation technique daily and note its effects.

March 2026

Session 2:

Creating a Self-Care Plan

6:00 PM - 6:15 PM: Welcome and Recap

6:15 PM - 6:45 PM: Create Personalized Self-Care Routines
Self-Care Ideas for Advocates
(<https://www.mentalhealth.gov/>)

6:45 PM - 7:00 PM: Group Sharing of Self-Care Plans

7:00 PM - 7:30 PM: Journal

Prompt: What Self-Care Activities Do You Enjoy?

7:30 PM - 8:00 PM: Final Thoughts and Next Steps

HOMEWORK: IMPLEMENT YOUR SELF-CARE PLAN FOR THE NEXT TWO WEEKS AND WRITE ABOUT YOUR EXPERIENCE.

5-SELF CARE GOALS

Commit to consistent action and build momentum in your goal setting.

01

GOAL

Do you have any specific health goals?

02

GOAL

Remember to be realistic.

03

GOAL

Create a list of resources (worksheets, templates, guides) you'll include to stay strong

04

GOAL

Create a list of supportive friends & family

05

GOAL

Schedule 1 hour to work solely on developing your coaching program.

Add more goals each month

Worksheet

Self Care Strategy And Reflection

Q1 How will you incorporate self care into your daily routine?

Q2 What Positive Outcomes do you hope to experience from achieving these goals.

Q3 How will you hold yourself accountable for your self care

April 2026: Celebrating Black Women's History Month

Overview: This month honors Black Women's History Month by exploring intersectionality in advocacy and celebrating the contributions of Black women activists.



APRIL 2026

Session 1: Creating Advocacy Bracelets

6:00 PM - 6:15 PM: *Welcome Back and Check-In*

6:15 PM - 6:45 PM: *Create Bracelets as Symbols of Solidarity*

Bracelet-Making Tutorial Link

6:45PM - 7:00PM: *Discussion on Intersectionality in Advocacy and the Importance of Representation*

7:00 PM - 7:30 PM: *Highlighting a Black Woman in Advocacy: Fannie Lou Hamer*

Discuss her impactful campaigns for civil rights and social justice.

7:30 PM - 8:00 PM: *Final Thoughts and Next Steps*

Homework: Write a reflection on how the work of a Black woman in an advocacy has inspired you and how you can apply her lessons in your own activism.

April 2026

Session 2: Art and Storytelling for Healing

6:00 PM - 6:15 PM: *Welcome and Recap*

6:15 PM - 6:45 PM: *Use Art to Tell Your Story
and Create a Collective Mural*

6:45 PM - 7:00 PM: *Present Your Art and
Discuss Its Meaning*

7:00 PM - 7:30 PM: *Journal Prompt: What
Story Do You Want to Tell Through Your Art?*

7:30 PM - 8:00 PM: *Final Thoughts and Next
Steps*



May 2026: Cultivating Hope and Vision for Change

Overview: Participants will envision their futures as change agents and create actionable plans to achieve their advocacy goals.



May 2026:

Session 1: *Envisioning a Hopeful Futuristic*

6:00 PM - 6:15 PM: *Welcome Back and Check-In*

6:15 PM - 6:45 PM: *Guided Visualization*

Exercise Focused on Future Goals

Visualization Techniques

6:45 PM - 7:00 PM: *Group Discussion on Future Aspirations*

7:00 PM - 7:30 PM: *Journal Prompt: What Does Your Ideal Future as a Change Agent Look Like?*

7:30 PM - 8:00 PM: *Final Thoughts and Next Steps*

Homework: Write a detailed description of your vision for the future, including specific goals for your advocacy work.

May 2026

Session 2: Creating Action Plans for Advocacy

6:00 PM - 6:15 PM: *Welcome and Recap*

6:15 PM - 6:45 PM: *Develop Action Plans to
Achieve Advocacy Goals*

Action Plan Template

6:45 PM - 7:00 PM: *Group Sharing of Action
Plans*

7:00 PM - 7:30 PM: *Journal Prompt: What
Steps Will You Take to Advocate for Change?*

7:30 PM - 8:00 PM: *Final Thoughts and Next
Steps*

Homework: Finalize your action plan and prepare to present it in the next session or to a trusted friend or family member for feedback.

ACTION PLAN For Advocacy

What action goals would you like to achieve by the end of this initiative

A

List action goals

B

What barriers do you think may come in the way of reaching this goal?

Notes

June 2026: Resilience in Adversity and Empowering Change

Overview: This month focuses on reflecting on personal strengths and resilience, culminating in a graduation ceremony to celebrate participants' growth and commitment to advocacy



June 2026:

Session 1: Reflecting on Resilience

6:00 PM - 6:15 PM: *Welcome Back and Check-In*

6:15 PM - 6:45 PM: *Sharing Stories of Resilience*

6:45 PM - 7:00 PM: *Group Discussion on Overcoming Challenges*

7:00 PM - 7:30 PM: *Journal Prompt: What Experiences Have Made You Resilient?*

7:30 PM - 8:00 PM: *Final Thoughts and Next Homework: Prepare a short speech or presentation about your journey and what you hope to achieve as an advocate.*

Homework: Prepare a short speech or presentation about your journey and what you hope to achieve as an advocate.

June 2026

**Session 2: Graduation Ceremony and
Celebration of Change**

6:00 PM - 6:15 PM: Welcome and Check-In

6:15 PM - 6:45 PM: Graduation Ceremony:
Participants Receive Certificates of Completion

6:45 PM - 7:00 PM: Presentation of the Cash Prize
Competition Winners

- 1st Place: \$1,000
- 2nd Place: \$500
- 3rd Place: \$250

7:00 PM - 7:30 PM: Sharing Future Advocacy
Plans and Commitments

7:30 PM - 8:00 PM: Final Reflections, Group
Photo, and Celebration.

Inspiring resources

**Book: "Mapping the Margins:
Intersectionality, Identity Politics, and
Violence against Women of Color" by
Kimberlé Crenshaw**

This foundational work by Kimberlé Crenshaw introduces the concept of intersectionality, exploring how overlapping identities contribute to systemic oppression and violence, empowering readers to channel their grief into advocacy for marginalized communities.



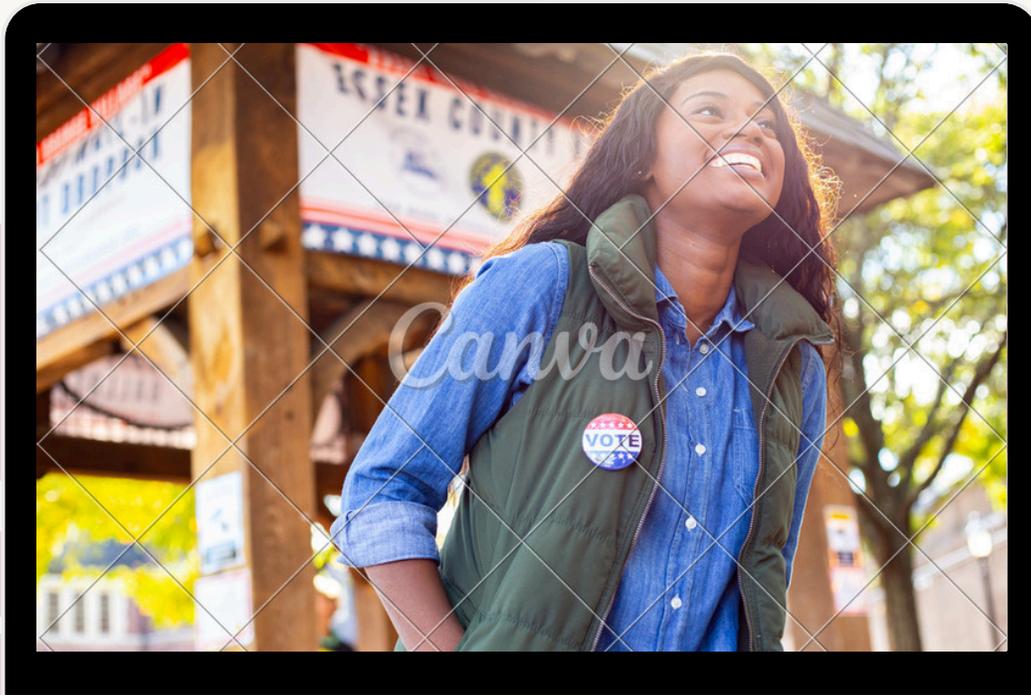
**Documentary: "Say Her
Name: The Life and Death
of Sandra Bland"**

This poignant documentary examines the life and tragic death of Sandra Bland, highlighting systemic racism and police violence while inspiring viewers to transform their grief into social justice activism.

**A COMMUNITY OF SUPPORT:
MOMS SUPPORTED BY GRIEF**
<https://youtu.be/p7USEWJMNNE?si=62KEVff1UtNPG>

The mothers of 'Moms Bonded by Grief' share not only their anguish but also the unexpected moments of joy and connection that arise when they come together





YOU ARE NOW A COMMUNITY CHANGE AGENT

CONGRATULATIONS

“In the depths of our grief, we find the strength to rise; our pain becomes the catalyst for change, transforming sorrow into a powerful force for justice.”

#FROMPAINTTOPURPOSE

—SHANENA LEWIS PHD Candidate



Thank you, keep in touch

Thank you for completing this workbook.
Keep applying these strategies to build
your thriving coaching or content
creation business.

Shanena Lewis Ph.D Candidate/ Author

daevionsplace.org

