

Círculos de Alegria

PROJECT SUMMARY REPORT



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Supported by **United Arts Council of Raleigh & Wake County** | **SAFEchild** | **El Futuro**

Introduction

The purpose of this pilot project was to provide artistic and healthy tools for Latiné families, help recognize the importance of personal, family, and community history to contribute to the new community, facilitate a creative space to weave a diverse and inclusive community network that contributes to social justice and equity, and to share resources available in the area with the Latiné community that chooses North Carolina as their new home.



ComMotion sought partnership with SAFEchild, El Futuro and El Pueblo, in order to create, develop and evaluate the program. Staff and volunteers included numerous people that were fluent in Spanish.

Participants were recruited through multiple presentations and marketing campaigns with SAFEchild, El Pueblo, and Wake County Human Services program participants.

Activities

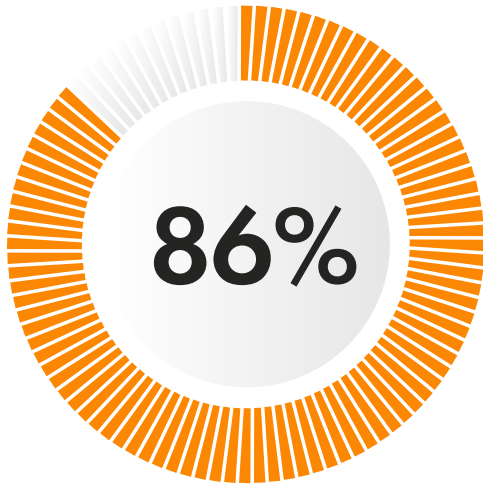
Activities consisted of a single day of sequential workshops targeting the connection to heritage, self, nature, family, and community.

Over the course of the day, Latiné families designed family poster boards, engaged in conversational games, created nature mandalas, and participated in breathing, dancing, and movement exercises.



Results

At the conclusion of the workshops, participants answered a survey consisting of statements/questions with a rating scale (from "Strongly Agree" to "Strongly Disagree"), along with open-ended questions to evaluate their experience.



I learned a new way to think more clearly about my body and my health.

I learned the importance of sharing positive and unique things from my heritage with my family and the community.

The nature mandala activity makes me want to spend more time outdoors and connect with nature.



After this experience, my family is more connected and appreciative of each other.

I would invite other families to participate in this activity.

Open-Ended Question Results:

When asked how they planned to integrate program activities into their lives, families were particularly interesting in continuing the mandala activity, dancing, and exchanging encouraging affirmations with their family members. All additional comments were positive as well, with families expressing appreciation for the program's organized structure, its focus on the natural world, and the attention to family unity.

Conclusion

The *Circulos de Alegria* program engaged Spanish speaking families in activities to support their mental and physical health, and inspired them to continue using these activities in their day-to-day lives. Participants who completed the program gained stress relief skills, along with a greater appreciation for nature and for their families and communities, and would enthusiastically recommend the program to other families.