

NEWSLETTER



IT'S OFFICIAL!!

MANA is proud & excited to announce that Yvette Unezase has been hired as the full time Executive Director. Yvette has been serving admirably as Acting Executive Director since the Fall of 2022.

Yvette brings a wealth of knowledge, leadership, and management experience in public and nonprofits. She has worked with diverse communities, especially immigrants, refugees and asylum seekers. She will lead our dedicated team in serving immigrant communities and advancing health and social equity for all.



TRANSPORTATION MILESTONES

4039 Requests for rides:

- 2225- Medical appointment (dental, vision, pharmacy, mental health, physical therapy)
- 668- Social services (DHHS, WIC, Fedcap, Rental Assistance)
- 379- To shop with vouchers or food stamps (EBT) and go to food pantry or diaper bank
- 206- General Assistance (GA)
- 196- To see a caseworker
- 181- Immigration offices and legal services
- 181- Other rides (ex. BMV, City Hall, SSA, Adult Ed)



NEW "SILVER STREAK" MANA VAN!

The new MANA Van, nicknamed "The Silver Streak," is hard at work this summer! Many thanks to DHHS, specifically to OPHE, and Bangor Savings Bank for helping us make this dream a reality! To the right see #WEOUSIDE Program participants unloading from the van! Read more about this on the next page.



WELLNESS PROGRAM HIGHLIGHTS

#WE OUTSIDE PROGRAM

WE OUTSIDE is a summer program for immigrant youth ages 13-25, hosted by MANA with support from the Maine Appalachian Trail Land Trust (MATLT). Participants experience the beautiful Maine outdoors while connecting with immigrant leaders & peers. MANA & MATLT staff create a safe space for healing & being in relationship with nature. Also woven in are components of climate education & introductions to job opportunities in Maine's outdoor industry. A huge thank you to all our partners and donors for making this possible! For more info contact moon@mana-maine.org.



Simon Rucker (MATLT) and MANA Wellness Team



Trip #1: Training Day at Maine Audubon

#WEOUTSIDE launched on June 30th at the [Gilsland Farm Audubon Center](#) in Falmouth, with the goal of introducing the participants to the Maine outdoors in low-key manner (and with food). Participants learned some safety & preparedness info and then enjoyed the beauty and peace of this nice spot along the Presumpscot River estuary.

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Trip #2: Perham Stream Birding Trail

Pete McKinley, an ecologist with [The Wilderness Society](#), led the #WEOUTSIDE group along blueberry meadow and forest trails in [Madrid](#), introducing all to the skills needed for hearing and identifying the calls of migratory birds. The day ended with a rare Moose sighting!

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Trip #3: Hiking & Waterfall Slides

WEOUTSIDE hiked with Black outdoorswoman, [Mardi Fuller](#) to [Table Rock](#) in Grafton Notch. The 2.5 hike was pretty steep in places – complete with a section of iron rungs to climb to reach the top! On the way home, everyone cooled off sliding down a series of "water slides" at Mahoosuc Land Trust's [Step Falls Preserve](#).



** Read more about these trips on the [MTALT blog](#) **

WELLNESS, MENTORING AND MORE...

Mental Health & Substance Use Disorder Support Group

MANA is collaborating with Generational Noor to destigmatize substance abuse, mental health, alcoholism, & drug abuse in immigrant households. This 8-week summer program is fostering safe spaces for conversation & support for family members or loved ones facing similar challenges. Join us every other Tuesday at Community Squash in Portland & every Thursday at 5:30 PM at the Generational Noor Office in Lewiston. One-on-one support is also offered.



Fowsie Musse, Executive Director of Maine Community Integration speaks with support group participants

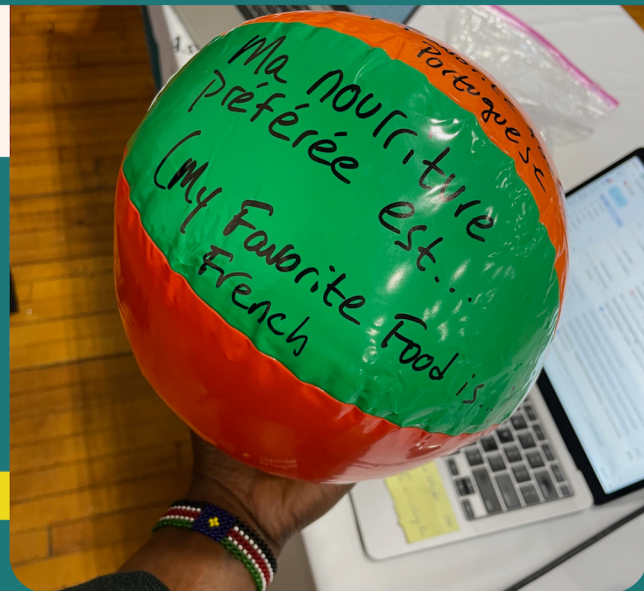


Women's Wellness Group

A crucial component of our overall wellness is our self-care practice. In the hectic fast-paced world we live in we often forget to slow down & check in with ourselves. MANA's Wellness Team cultivates safe nurturing spaces where women can come together to break bread, paint, visit local gardens, have meaningful conversation and/or do a facial. Whichever comes first! Join us every 2nd & 4th Thursday of the month to nurture yourself.

Parenting & Policy Classes

Multi-lingual fun brought New Mainer parents into serious conversations about parenting in a new culture with numerous strict rules and regulations to follow. Classes were Co-facilitated by MANA, the City of Portland and Portland Adult Education. More classes will start up again in September.



Welcoming The Stranger Program

WTS matches volunteers with asylum seeking individuals or families, to provide a warm welcome to Maine. So far in 2023, we have made 13 new matches! Accepting new volunteers & participants at wtsmaine.com.

