

2024 Symposium

COUNTING ON COMMUNITY

Planting Seeds of Transformation

Welcome! We're so glad you could join us today. At First 5 Humboldt, our mission is to strengthen resilience and uplift community care, and we're excited to collaborate with Lumos Transforms to further this meaningful work.

We hope the GLC provides a welcoming and relaxing space for you. As we learn and share together, we encourage you to take time for yourself and enjoy the outdoor space. If you need a moment to recharge, feel free to take a peaceful stroll through our Story Walk located along the garden walkway.

Agenda

9:15 AM - 10:15 AM

Welcome & Keynote

Break 10:15-10:30

10:30 AM - 12:30 PM

Workshops

12:30 PM - 1:30 PM

Lunch



1:30 PM - 4:00 PM

Workshops

20 minute break

4:00 PM - 4:30 PM

Closing

Have you seen your puzzle piece?

Personalize it and bring it to life!
Together, we will create one big
community puzzle to
commemorate this special day

***Please leave your piece & markers
on the table!**



First 5 Humboldt

A message from our Executive Director

We are so happy to be able to bring people together for our annual Symposium. It gives us an opportunity to gather as a community, care for one another, reflect, learn and dream together to create a healthier, more joyful future for Humboldt.

Mary Ann Hansen

California Native American Day

Today, we honor the rich cultural heritage and lasting contributions of Native American tribes in California. We not only recognize the people but also the sacred land we stand on, acknowledging the deep ancestral connection Native communities have maintained with it.



This day is about preserving languages, traditions, and cultures while reflecting on history. It is also an opportunity to recognize the profound impact Native Americans have had on our state and to reaffirm our commitment to supporting their ongoing struggles for rights and recognition. We hope today's workshops provide a space for strengthening community bonds and addressing historical trauma.

How can we truly honor our community?

It begins with self-reflection and respect. Ask yourself: How am I honoring the land, the animals, and the people here? It's crucial to understand the balance between appreciation and placing undue burden on Indigenous communities. Do the work—start with yourself. We invite you to learn, engage, and connect with the community.



Nkem Ndefo

MSN, CNM, RN (she/they)

Nkem is the founder of **Lumos Transforms** and creator of The Resilience Toolkit, a model that promotes embodied self-awareness and self-regulation in an ecologically sensitive framework and social justice context. She is known for her unique ability to connect with people of all types by holding powerful healing spaces, weaving complex concepts into accessible narratives, and creating synergistic and collaborative learning communities that nourish people's innate capacity for healing, wellness, and connection. Originally licensed as a nurse midwife, Nkem has extensive post-graduate training in complementary health modalities and emotional therapies and has worked in settings ranging from large-volume hospitals to mobile community clinics. She brings an abundance of experience as a clinician, educator, researcher, and community strategist to innovative programs that address trauma and inequity, build resilience, and shape liberatory change for individuals and organizations across sectors, both in her home country (US) and internationally. Nkem is particularly interested in working alongside people most impacted by violence and marginalization.

Nkem has lent her expertise in the embodied trauma-informed and resilience-oriented (eTIRO) approach, embodied anti-oppression, and healing justice to a wide range of projects. She served on the Los Angeles County Trauma-and Resilience-Informed Systems Change Initiative Workgroup and developed a pilot violence-prevention academy for peer support workers as part of Los Angeles County Department of Public Health's Trauma Prevention Initiative. She recently led an embodied diversity, inclusion, and antiracism initiative for the Los Angeles County Department of Health Services. Currently, she is co-directing Embody Lab's Integrative Somatic Trauma Therapy Certification and Embodied Activism Programs, and directing the Resilience Toolkit Certification Training Program.



Desiree F. Magsombol JD (sikatu/she)



Desiree practices the art of re-membrance, honoring the profound healing capacity of our bodies, our wholeness, and our interconnectedness. She deeply believes that true healing and liberation flourish within the bonds of relationships and community. Desiree leads community and organizational workshops, offers consultation and training, and designs programs that foster resilience and trauma-informed change with a specialty in cross-cultural and multilingual curriculum adaptation. She led the Embodied Trauma-Informed Resilience-Oriented training for the Los Angeles County Department of Public Health Covid outreach teams and a multi-year Resilience Toolkit for Muslim women project. She is also coordinator for Lumos Transforms' international virtual community of practice.

Desiree's journey into community consciousness began with youth organizing for Filipino WWII Veterans and anti-war efforts in university. Her understanding of institutional impact on families and communities deepened as a law clerk at Legal Services for Prisoners with Children, working on the Habeas Project for survivors of domestic and sexual violence. Her commitment to community and healing led her to advocate for foster youth, LGBTQIA2S survivors, and those impacted by sexual violence in prisons. She has developed policies, provided training, audit support for many prisons and jails across the US with the National Prison Rape Elimination Act (PREA) Resource Center.

Desiree supported the staff at Rosebud Sioux Tribe's Wanbli Wiconi Tipi Juvenile Detention Center in South Dakota with their Bureau of Justice Assistance PREA Implementation model project, including drafting their PREA policy. She co-facilitated stakeholder discussion groups to inform training and programming for trauma-informed victim services and supported the development of the White Buffalo Calf Women's Society, Indian Health Service, and Tribal law enforcement collaborative partnership.