

HEALING FAMILY WOUNDS INSTITUTE

Center for Youth Leadership & Prevention

Building Resilient Youth. Strengthening Families.
Transforming Communities.

Healing Family Wounds Institute is a Minnesota based nonprofit organization dedicated to advancing family wellbeing, youth development, intergenerational healing, and relational leadership. Through our Center for Youth Leadership and Prevention, we partner with schools, communities, healthcare systems, foundations, and government agencies to provide evidence informed youth development, violence prevention, substance use prevention, social emotional learning, leadership development, and family engagement programming.

Our approach recognizes that healthy youth development requires healthy relationships, strong families, positive peer connections, cultural identity, emotional wellbeing, and leadership opportunities.



OUR MISSION

To strengthen youth, families, and communities through prevention, leadership development, emotional wellness, and intergenerational healing.

SIGNATURE YOUTH PROGRAMS

School-Based Youth Leadership and Prevention Program

A structured prevention and leadership development model delivered during after school, summer enrichment, and community education programming.

Core Areas:

- Youth Leadership Development
- Violence Prevention
- Substance Use Prevention
- Social Emotional Learning
- Emotional Regulation Skills
- Healthy Relational Skills Development

Core Areas:

- Identity and Cultural Belonging
- Conflict Resolution
- Bullying Prevention
- Goal Setting and Future Planning
- Art and Healing Activities
- Family Engagement Activities

Community-Based Youth Leadership Program

Designed for youth organizations, community centers, cultural organizations, faith communities, and neighborhood initiatives.

Program Includes:

- Monthly Youth Leadership Development Training.
- Creative Arts and Healing Activities
- Youth Mentorship
- Peer Leadership Development

Program Includes:

- Family Connection Activities
- Community Service Projects
- Youth Wellness Education
- Violence Prevention Education
- Substance Use Prevention Education

TARGET POPULATIONS

Serving:

- Middle School Youth
- High School Youth
- Opportunity Youth
- African Immigrant Youth
- BIPOC Youth
- New American Youth
- Refugee Youth
- Multicultural Communities

OUTCOMES

Participants develop:

- Increased leadership skills
- Improved emotional wellbeing
- Stronger conflict resolution skills
- Increased school engagement
- Improved family communication
- Reduced behavioral risk factors
- Increased protective factors
- Greater sense of belonging and connection
- Increased community engagement
- Increased future readiness

FUNDING AND CONTRACT ALIGNMENT

This program aligns with priorities commonly funded through:

- School District Contracts
- Minnesota Department of Health Initiatives
- Violence Prevention Grants
- Substance Use Prevention Grants
- Youth Development Grants
- Community Health Programs
- Family Strengthening Initiatives
- Community Foundation Grants
- Corporate Community Impact Investments

Serving Youth Today. Building Leaders for Tomorrow.
Family Wellbeing • Youth Leadership • Prevention • Community Impact

HEALING FAMILY WOUNDS INSTITUTE

An Integrated Ecosystem for Family Wellbeing, Relational Leadership, & Community Impact

Healing Family Wounds Institute is a nonprofit organization advancing family wellbeing, intergenerational healing, relational leadership, prevention, and community resilience.

We believe that leadership begins in relationships and families. The quality of our families influences the quality of our schools, workplaces, organizations, communities, and future generations. Through a network of specialized centers, we provide community programs, leadership development experiences, research initiatives, and strategic partnerships designed to strengthen individuals, families, professionals, organizations, and communities across the lifespan.

OUR INSTITUTIONAL CENTERS

Center for Youth Leadership & Prevention

Developing resilient youth through leadership development, violence prevention, substance use prevention, emotional wellness, mentorship, and family engagement programs.

Community Impact Areas

- Youth Leadership Development
- Violence Prevention
- Substance Use Prevention
- Social Emotional Learning
- Family Engagement
- School and Community Interventions

Center for Family Wellbeing and Intergenerational Healing

Strengthening individuals, families, and communities through relationship education, healing experiences, family resilience programming, and community healing initiatives.

Community Impact Programs

- Intergenerational Healing Experiences
- Community Healing Circles
- Family Strengthening Workshops
- Parenting and Caregiver Education
- Family Communication Programs
- Cultural and Community Connection Initiatives

Fundable Priorities

- Family Wellbeing
- Community Resilience
- Intergenerational Healing
- Community Mental Health Promotion
- Family Strengthening

Center for Community Health and Prevention

Partnering with public health agencies, healthcare organizations, schools, and community partners to strengthen community wellbeing and address upstream drivers of family and community outcomes.

Areas of Focus

- Community Wellness
- Violence Prevention Education
- Substance Use in Family Systems
- Mental Health Re-Education
- Family Health Education
- Intergenerational Healing & Education
- Cross-Sector Collaboration

Center For Research, Learning, and Innovation

Generating and sharing knowledge that advances family wellbeing, relational leadership, prevention, and community transformation. This center serves as the Institute's research, education, publishing, and thought leadership hub.

Areas of Focus

- Program Evaluation
- Community-Based Research
- Family Systems Research
- Leadership Effectiveness Research
- Prevention Research
- Community Learning Initiatives

Center for Relational Science and Family Leadership Development

Advancing leadership effectiveness by strengthening the relational capacities that sustain healthy families, teams, organizations, and communities.

We view leadership not simply as positional authority, but as the ability to create trust, connection, accountability, emotional maturity, and sustainable relationships.

Leadership Development Programs:

- Single Adults
- Professionals
- Entrepreneurs
- Executives
- High-Capacity Couples

Signature Experiences

- ROOTED Leadership Development Programs
- Single Adults Leadership Circles
- Marriage as Leadership Masterclasses
- Executive Couples Private Intensives
- Love and Leadership Executive Couples Retreats

Pre-Marital Emotional Readiness Retreat

Focus Areas

- Emotional Attunement in Family Systems
- Relational Competence
- Leadership Effectiveness
- Relational Repair Conflict Resolution
- Effective Communication Skills Development
- Interpersonal Effectiveness
- Relational Maintenance Skills
- Leadership Effectiveness in Family Systems

Signature Platform

Healing Family Wounds Magazine

A publication dedicated to elevating stories, research, cultural wisdom, community leadership, and practical solutions that strengthen families and communities across generations.

The magazine serves as a platform for education, storytelling, public engagement, and thought leadership.

Our Approach

We believe sustainable change occurs when prevention, healing, leadership, and community development are addressed together.

Our ecosystem integrates:

- Youth Development
- Family Wellbeing
- Relational Leadership
- Intergenerational Healing
- Violence Prevention
- Substance Use Prevention
- Community Health
- Research, Learning & Innovation
- Community Engagement
- Cultural Responsiveness

How We Create Impact

Community Impact Programs

Programs eligible for public, foundation, healthcare, and community investment support.

- Youth Leadership and Prevention Programs
- Community Healing Circles
- Intergenerational Healing Experiences
- Family Strengthening Initiatives
- Prevention and Wellness Education
- Community Health Partnerships

Leadership Development Programs

Mission-aligned earned revenue programs that help sustain and expand community impact.

- Executive Couples Coaching
- Relational Leadership Development
- Marriage as Leadership Masterclasses
- Love & Leadership Couples Retreats
- Love & Leadership Private Intensives

Partnership Opportunities

We collaborate with:

- School Districts
- Public Health Departments
- Healthcare Systems
- Foundations
- Universities
- Government Agencies
- Community Organizations
- Corporate Partners
- Cultural and Faith Institutions

