



#LetUsBreathe Collective

IMPACT REPORT 2022

Creating space for healing

A MESSAGE FROM OUR COLLECTIVE



The #LetUsBreathe Collective (#LUBC) is laying the groundwork for more space for our community. Something as abstract as space has a powerful impact on our lives—mentally, physically, and emotionally. When imagining a world without prisons and police, we've always endeavored to move beyond the abstract and create space reflective of what we want to see.

We're focused on opening up time, energy, and physical space to allow more room to heal, create, and live. So rather than using all of our energy and resources on just responding to police and state violence, we're centering our work on the creation of infrastructure that proactively supports and reimagines collective healing and repair.

In the pages that follow, we highlight how the #LUBC created spaces for our community through arts, healing, and organizing in 2022. You'll find that the Collective's work has grown with the help of partnerships and mutual aid. Our garden fed more mouths through the #EverybodyEats program. Soul Service became a monthly point of summer solace, begging

to expand beyond the season. We spent time with like-minded organizations, imagining a place that would transform inequity—and then we launched Liberation Landing, the epitome of mutual aid efforts.

In the year ahead we'll work to grow all of these programs, as well as relaunching the Breathing Room series after a short hiatus. Through all of our work, our continued focus is to build community through mediation and restorative justice. We move ahead with a sense of hope and purpose. We are grateful for the opportunity to share space.

**Sending love and gratitude,
#LetUsBreathe Collective**

Jennifer Pagán,
Co-Director

Kwamena Jackson,
Co-Director

2022 BY THE NUMBERS

5

volunteers
per week for
garden and
#LUBC programs

1

acre of land
stewarded in the
Garden and Farm

50+

mouths fed per
week through
Everybody Eats

20

restorative events
held, including Soul
Service and Malik
Eternal programming

15

community partners
collaborating
for healing

10–20

people served per day
through Love Fridge

2022 MEAL TOTALS FROM #LUBC'S WORK WITH SUPPORT + FEED

100

ready-to-eat meals
for the Juneteenth
event from
The Black Vegan

25

meal kits for the Love
Fridge, each containing
food products to feed
4 people for **a total of 100**
meals from B'Gabs Vegan
Scratch Kitchen

903

ready-to-eat meals
to the Love Fridge
from B'Gabs Vegan
Scratch Kitchen

1,103

total meals!



Support + Feed is an intersectional nonprofit organization dedicated to creating an equitable, plant-based food system and combating food insecurity and the climate crisis.

A SPACE FOR RECOVERY, REPAIR, AND RESISTANCE: LIBERATION LANDING



In 2022, we celebrated Juneteenth by launching Liberation Landing. Located at the #BreathingRoom campus, Liberation Landing is a collaborative partnership and initiative that unites the work of Su Casa, the #LUBC, and Frieda's Place. It is a movement building space and campus in Back of the Yards that provides the resources that we need to heal, thrive, and build our beautiful vision for the world.

In the fall, #LUBC was awarded a grant from Chicago's Department of Cultural Affairs and Special Events to continue developing Liberation Landing to promote healing and transformation. It is our goal in the year ahead to continue building intentional community as well as a worker cooperative—while prioritizing time to reset and heal.

We are working with facilitators and mediators to rebuild house practices, values, and processes.

Through a deeper practice of trust and accountability, we intend to strengthen relationships and generate shared language and understandings. We envision reintroducing Liberation Landing as an Afro-Indigiqueer creative hub where artists, healers, educators, facilitators, and land stewards come together to ideate, experiment and create. We are committed to honoring the legacy of Catholic Worker as we work toward a more liberatory future.

We are harnessing resources to support communal self-governance and invest in a co-living space and a worker cooperative. This effort concentrates on building internal capacity to sustain the maintenance of the campus buildings long term and create a foundation to engage the repair needs of our extended communities and neighborhood.

A SPACE FOR COLLECTIVE WELLNESS: THE #BREATHINGROOM APOTHECARY



The #LUBC campus is home to a developing apothecary formed in collaboration with Freedom Fighter Herbs (FFH). FFH is a mutual aid effort that delivers fresh, seasonal herb packages to organizers, care workers, and community members to support their wellness.

From herbal teas for immune support and anxiety, to syrups and ciders for cold and flu season, the work by FFH's Peregrine Bermas is herbal artistry through plant medicine. In addition to providing community members with locally-sourced herbs and medicines, the Collective apothecary will host workshops that uplift the practices of Indigenous and melanated medicine makers.

"I try to uplift in the spaces that I'm showing up to," Bermas said. "Wanting to leave lots of brave space for other folks to share their stories and their medicines. It's not hierarchical in that

way that we are sometimes taught medicine happens, like there's one person who knows everything. In reality, we're all the experts of our own experience. And we all each know our individual bodies best. All of that comes into my work these days."

The Collective Apothecary is currently open in the #BreathingRoom space, located at 1434 W. 51st, Chicago, IL 60609.



A SPACE FOR SPIRITUAL AWAKENING: SOUL SERVICE



The #LUBC's abolitionist healing clinic, Soul Service, is a monthly summer series that creates recalibration space for Black and Indigenous folks focused on building strength, resilience, and community.

Although inclement weather forced the Collective to cancel some sessions, 2022 saw excellent turnout for the remaining services. T Banks and Jennifer Pagan led each session with functional and intentional movement and collaborated alongside other healers and practitioners to offer a wellness pop-up each month. In order to grow the successful program, the Collective has decided to expand Soul Service by three months, beginning now in February and lasting through October 2023.

2022 SOUL SERVICE OFFERINGS AND PARTNERSHIPS

- Gentle Yoga with NurturHer
- Poetry Circle with Dorian of FLY Radical Therapy
- Journaling and Open Art Healing with Tiffany Wong
- Manifestation Workshop with Courtney Cobbs
- Liberation Station with Journeys with Jenna
- Qigong, Healing Tea, Meditation, and Capoeira with Cosmic Dripp and Pull up the City
- Massage and Sound Healing with Tristan
- Juicing Workshop with Alia Jhane of Eeni Juice
- Reiki with Courtney Cobbs
- Move Connected with TBanks
- Herbal Healing with Peregrine of Freedom Fighter Herbs

A SPACE FOR NOURISHMENT: #EVERYBOYEATS



Photo of Chef Kwamena Jackson by Jamie Kelter Davis.

Our largest initiative has gotten even larger. The #LUBC #EverybodyEats food justice program distributes food to combat hunger in our communities and support local community events, public actions, and citywide mutual aid efforts. **In 2022, we completed work on our second fully functioning kitchen. This doubled our capacity to provide meals; in 2021 we did 50 meals per week, and the new kitchen increased output to 100 meals.** Chef Kwamena Jackson has continued to lead these efforts, joined by a hard-working team of farmers, culinary artists, and volunteer gardeners that help steward the garden and cook nourishing meals for the community.

In the year ahead, we plan to begin the process of making our garden ADA accessible by adding paved walkways, handrails, ramps, and more. We would also like to make our garden and healing space solar-powered. This would move our farm towards an inclusive and self-sustaining space. In the years ahead, we will work towards the campus becoming more self-sustaining—creating an incubator space to learn, experiment, and share ideas, adding a wash station for processing harvested foods, and equipping the kitchen with tools to preserve vegetables.

PARTNER HIGHLIGHT: GROW GREATER ENGLEWOOD

Grow Greater Englewood is a nonprofit social enterprise that works with residents and developers to create sustainable local food economies, green businesses, and land sovereignty that empowers residents to create wellness and wealth. Last year The Collective utilized help through their youth intern program. Youth interns worked hard through the spring to support our gardens and farm, ensuring we would be ready for the summer season.



A SPACE TO CONNECT: SUPPORT THE COLLECTIVE

The #LUBC serves as an incubator for innovative activism and liberatory and cultural work in Chicago. Donations of any size help us create alternatives to prisons and policing, produce cultural events, and build power in communities. All donations benefit our space for the arts, organizing, and healing on the South Side of Chicago.

Join us as we disrupt oppressive systems, amplify marginalized voices, and serve those most directly harmed by mass incarceration,

police violence, and systemic injustice. Your gift will boost these efforts by helping us to increase our reach and grow our programming.

The power to reimagine a better, more free world belongs to all of us. Your support amplifies the voices calling for change and liberation through art and activism. Thank you to all who supported #LUBC in 2022.

\$230

Largest
one-time
gift

\$65

Average
one-time
gift amount

A SPECIAL THANK YOU TO THE FOLLOWING FUNDERS:





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