



PROGRAM REPORT 2023

INTRODUCTION

Thank you so much for your investment in Owl & Panther's mission to offer opportunities for refugee families to find healing in community.

Your gracious donation made it possible for our team to offer meaningful and lasting impact in the lives of those served by Owl & Panther.

Did you know: You supported program and administrative costs for our Expressive Arts, and Community Outreach Programs.

Highlights From of Our Program Year:

- Camped with Parks in Focus
- Learned about our desert home from the Arizona-Sonora Desert Museum
- Gallery Visits, and Artmaking at the Tucson Museum of Art
- Collected and Distributed in-kind donations
- Dance and Movement with Volunteers and Health Promoters
- Hired for our new Program Coordinator and Health Promoter (2) positions
- Indoor rock climbing with Rock Solid

More than **250 refugees** participated in the activities listed above.

What makes Owl & Panther Special:

One of the most consistent comment we get from participants is that our events help them connect with their community and build lasting relationships.

At Owl & Panther, we focus on healing-centered engagement that emphasizes mindfulness and collaboration. For more than **28 years**, we have offered a nurturing space where participants have the freedom to self-graduate. Along with an open-door policy that makes it so they are always welcome to come back.

3 Ways We Build Community

We begin and/or end groups with a check-in where each participant can share about themselves

We encourage everyone to use words and actions that make others feel welcome.

We seek out feedback from participants about topics and events they are interested in and find ways to include them in our programs.

OUR 2023 GOALS

1 To launch our Afghan Health Promotion Program (AHPP)

2 To offer more programming in natural spaces



Notable outcomes during the program period include the following:

- **Doubled** our capacity as we successfully launched the AHPP to serve Afghan families in the Tucson area.
- **Enhanced** participants' self-expression skills through art-making and movement.
- **Collaborated** across generations and cultures as participants relied on volunteers, staff and their peers for guidance and support.
- **Promoted** critical thinking skills using prompts and open-ended questions during engagement.
- **Explored** basic design elements, and techniques to help participants tell their story and share their ideas.
- **Improved** attendance and relationship-building due to the inclusion of more nature trips for participants.

OUR 2023 IMPACT

Wellness Groups

- Offered **32 expressive arts sessions** to participants. Some of the activities were collage/stamping, origami, art-making at the Tucson Museum of Art, live animal drawing at the Arizona Sonora Desert Museum.
- Facilitated **18 beginner sewing classes** for Afghan women in partnership with Connecting Seams and the Building Bridges Community Center.
- Held **17 nature trips to various locations** including Inspiration Rock for hiking and a picnic with Sierra ICO, Windy Point Vista for Rock Climbing with Arizona Climbing Guides and Gilbert Ray Campground for photography, hiking and camping with Parks in Focus.

Health Education Program

- Offered **17 women's health classes** on topics such as food safety, mind-body connections, hydrating/ staying cool in the desert heat, nutrition, car seat safety and stress management.
- Provided in-home health education to **45 Afghan families**.

PROJECTS	DETAILS	OUTCOME
Sewing Class	Beginner level sewing class for Afghan women	<ul style="list-style-type: none"> • 18 participants graduated • Each of the graduants took home a sewing machine with basic tools.
Women's Empowerment	Partnered with Microcare to teach financial literacy and entrepreneurship	<ul style="list-style-type: none"> • Hosted a Market Day for participants to sell wares at Sunrise Chapel
US Law & Saefy Workshop	Participant requested event on various topics of concern.	<ul style="list-style-type: none"> • Workshop included a Presentation & Q&A by Tucson Police Dept. officers

COMMUNITY OUTREACH PROGRAM

Collaboration. Inclusion. Acceptance. Non-violence



+250

Participants

+780

Volunteer Hours

+\$6,795

In-Kind Donations

1. Collected, sorted and distributed in-kind donations worth more than \$6,795 to 35 refugee families. These included hygiene/cleaning supplies, sewing machines and supplies, educational materials, furniture and appliances.
2. Supported participant families in seeking employment opportunities, navigating healthcare systems, accessing community resources and understanding US Laws and Safety.
3. Broadcasted English and translated resource information about family-friendly community events, resource expos, health fairs, scholarships and other key information to participant families.

+250

Participants Served

Photo Captions:

1. Gallery exploration and discussion at the Tucson Museum of Art
2. Making wish dolls at Sonora Co-housing
3. Learning about arthropods at the Arizona Sonora Desert Museum
4. Indoor rock climbing at Rock Solid
5. Sewing Class with Connecting Seams at Building Bridges Community Center



ACKNOWLEDGEMENTS

The **Owl & Panther Team** of dedicated
Volunteers, Interns and Staff

Our **Program Partners:**

- Tucson Museum of Art
- Arizona-Sonora Desert Museum
- Sonora Cohousing
- Tucson Village Farm
- Equinimity
- Tucson Police Department
- Lutheran Social Services of the Southwest
- Jewish Family and Children Services
- Sierra Club ICO
- Wheels for Kids
- International Rescue Committee
- Iskashitaa Refugee Network
- The Udall Foundation's Parks in Focus
- Rock Solid
- Las Milpitas Community Farm
- Arizona Climbing Guides
- Rocks and Ropes
- Sunrise Chapel
- Building Bridges Community Center (TRM)
- Microcare Community Development
Solutions

Owl & Panther

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WE THANK YOU
FOR YOUR CONTINUED SUPPORT OF
OUR PROGRAMS