



Artifacts from Lineage’s 10-week Community Program at Trinity Youth Afterschool

Student poetry created as part of their independent project portfolios

Things I discovered about myself: 4 words

By A.J.

Unloved, Unlovable
Worthless and powerless.
4 words that I believed.
4 words that made my reality at the beginning of this year.
Now to be replaced with 4 new words
Appreciated, loved, gift and resilient.
4 real words that represent me.
A me that I wouldn’t have known if I hadn’t kept going.
A me I will keep watering,
Keep taking care of.
A me I am proud of,
So proud that I am sharing it with you.

–By A.J.

15 Seconds

By A.R.

15 seconds
This feels weird the love I longed for being given back to me.



14 seconds

I'm floating almost, I've never been this happy this long

I'm my own savior

I'm my missing piece

10 seconds

I hated me for too long

And I learned I don't deserve it

Happiness lives inside of me, hidden almost

8 seconds

I will make room for it to grow within me, fill me, to encourage me

7 seconds

I will speak kindly to myself, I've been mean for too long for as my mouth say as they shall be

6 seconds

This feelings holds me and brings friends comfort, confidence, love

5 seconds

I'm in love with me

4 seconds

Finding ourselves, finding us

Can be done in less than 15 seconds

One second.....

Student testimonials

“I like the way everyone is open to talk about what they are feeling, share ideas, non judgemental. I love the laughter we have in class, it's very rare to find a place like that.”



“[This is] a place where you can discover new things about your mind and body. A safe space with incredibly intelligent minds.”

“[The Community Program is] a way to give yourself grace at a comfortable pace.”

Student follow up regarding professional/training opportunities at Lineage available for Community Program alumni

Hello, My name is [REDACTED] and I am truly interested and excited to have the opportunity to work with Lineage and all the people that work there that believe in mindfulness practices. There's so many options to choose from to stay connected to this beautiful program and honestly they all resonate with me and I will be more than content in any of these fields. However my top three choices would be a Lineage Ambassador since I'm extremely privileged enough to experience this program therefore I am willing and able to share my experience. The second choice would be a Data and Evaluation Assistant since I'm a teenager in this decade I know that I'm able to connect with teens so making programs and interviewing people will be something I continue to be passionate about. The last choice on my top three is a Researcher. I am more than capable of finding information and support to help teenagers and even each other engage in healing and mindfulness practices. Overall I'm eternally thankful for this opportunity and the program in general so to all that work at Lineage from me to you, I'm humbly saying thank you.

Best Regards,

A.R, age 17

Testimonials from adult participants in Lineage’s public trainings (A Deep Dive into Trauma-Conscious Care + Mindfulness Fundamentals)

“As someone who works in higher ed and is also a caretaker of aging loved ones, I found the workshop with Chia-Ti Chiu to be an invaluable experience. Chia-Ti is an



outstanding facilitator and shared practices in relatable and memorable ways. I feel that my resource list, "staircase" and toolkit has grown immensely! Thank you!"

“[T]ruly moving and transformative experience. The structure and sessions facilitated by Chia-Ti Chiu were expertly taught and handled with great spaciousness, careful listening and attention.”

“The offering of practical approaches to considering trauma and utilizing the practices in a group setting was helpful. How to engage with and balance the needs of a group, when trauma may show up in very different ways for different people. I appreciated being able to learn from both the facilitator and other folks in the group about both their experiences and practical approaches.”

“Although [I’m] not a teacher nor do I work with youth, I enjoyed the learning in general and can apply it to my life.”