

# Self Healing Communities Project Descriptions

## Introduction

---

Across Lompoc, the Self-Healing Communities mini-grant program is activating local leadership, strengthening civic participation, and advancing community-driven healing. These small investments are catalyzing residents who know their neighborhoods best, parents, caregivers, artists, cultural leaders, and young adults with lived experience, to design solutions rooted in trust, belonging, and local wisdom. Each mini-grant project builds connection, reduces isolation, and grows the leadership capacity of community members who are stepping forward to make Lompoc stronger, safer, and more resilient. With additional County support, these efforts can continue to expand, reach more residents, and deepen the healing infrastructure our communities urgently need.

## Projects

---

### **Circle of Caring** | *Christine Caldwell*

Circle of Caring provides and brings weekly high-quality meals, water, and basic survival supplies directly to people experiencing homelessness in Lompoc, while building trust and offering consistent compassionate care. Each Thursday, the project nourishes community members while affirming their dignity and strengthening relationships that make future support and referrals possible. As more residents witness this steady act of service, the project inspires broader civic participation and a shared sense of responsibility for unhoused neighbors. Mini-grant funds actively sustain the purchase of essential food items and supplies not available through the Foodbank, ensuring this dependable lifeline continues each week.

## **Voces que Sanan** | *Andrea Lizama*

Voces que Sanan offers twice-weekly community-based connection, social theater and participatory photography workshops where Latina women explore identity, process emotions, and build resilience through creativity. The project provides a culturally rooted space that strengthens emotional wellbeing, fosters mutual support, and elevates the voices of women whose stories are often unheard. As participants grow more confident and connected, they become leaders in their families and neighborhoods. Mini-grant funds currently support art materials, photo printing, snacks, transportation for self-care outings, and the planning of a community installation that showcases participants' work and healing journeys.

## **Grandparents Raising Grandchildren – Peer Support Group** | *Laura Gholsen*

Grandparents Raising Grandchildren operates a peer-led support group that reduces isolation and strengthens the wellbeing of grandparents raising grandchildren in Lompoc. The project offers a safe, welcoming environment where caregivers share experiences, access resources, and build meaningful community ties. Many participants face significant stress and limited support; this group provides relief, connection, and practical guidance. Led by a grandparent with 11 years of lived experience, the project is fostering new leadership and empowering caregivers to advocate for their families. Mini-grant funds enable outreach, meeting space, refreshments, supplies, and early organizational development.



## **Bilingual & Bicultural Mental Wellness Course for Adults |**

*Sonia Sandoval*

This project is delivering a ten-session bilingual and bicultural mental wellness program for Spanish-speaking adults, led by Dr. Guillermo Gutiérrez. The course supports parents in strengthening emotional awareness, communication skills, and family healing, while reducing cultural and linguistic barriers to mental health support. Participants build confidence, self-esteem, and tools for navigating stress—skills that ripple out into their homes and communities. Mini-grant funds are actively supporting recruitment, facility rental, curriculum enhancement, and evaluation efforts to grow the program to a cohort of 20 parents.

## **Awakening Giants in Lompoc |** *Chloe Ward*

Awakening Giants is expanding youth empowerment programming in Lompoc for young adults impacted by foster care and other adverse experiences. Through community-building events such as Family Dinners and workshops like Beauty Within and Art of Interviewing, the project is shifting participants from survival mode into connection, hope, and a thriving mindset. The initiative builds leadership among young adults who have recently left the foster care system while reinforcing community belonging and long-term resilience. Mini-grant funds support event food and materials, transportation stipends for volunteers, and planning for larger youth-development workshops that deepen engagement.



## **Multicultural Arts Center** | *Rob Morey*

The Multicultural Arts Center is building momentum to strengthen Lompoc's emerging cultural and arts landscape by organizing multicultural events that celebrate diverse traditions through visual and performing arts. Recent efforts include a story telling project among youth of color. The effort is cultivating community leadership by engaging residents who want to shape a more vibrant, connected, and culturally expressive city. Ultimately, the project aims to establish a dedicated arts and culture hub that serves as a bridge across communities. Mini-grant funds are currently supporting outreach materials, early organizational development, and groundwork toward nonprofit or LLC status.

## **Creating a Communicative Bridge for Lompoc** |

*Sharlameigne Segovia*

This project is developing a communication bridge across organizations, clubs, and community groups throughout Santa Barbara County, making it easier for residents to access information and participate in events across the region. By strengthening awareness and connection, the initiative encourages families to engage more fully in community life and helps unify Lompoc with the broader Central Coast. Mini-grant support is enabling increased outreach and coordination as the project builds a more informed, interconnected, and civically engaged community.



## Sounding Our Voices and Healing Our Community – The Spirit Song Experience | *Gloria Mantoonth*

The Spirit Song Experience is offering community sound-healing workshops that use voice, vibration, and collective resonance to support emotional wellbeing, connection, and healing across Lompoc. Drawing on deep personal experience with the transformative power of sound, the project is bringing residents together to strengthen compassion, restore balance, and nurture healing within families, children, and the broader community. The leader is actively partnering with local spiritual groups, the Children’s Art in the Schools program, and community spaces such as Blooming Energy Yoga Studio to expand access to this work. Mini-grant funds support completion of advanced sound-healing certification and the purchase of instruments needed to lead group workshops, retreats, and gatherings that deepen community cohesion and collective healing.

## Project Team

---



## Project Funders

---



**JOAN HARTMANN**  
3rd District Supervisor



**THE FUND**  
FOR SANTA BARBARA



Towbes Foundation



JAMES S. BOWER  
FOUNDATION  
*Re-envisioning.*

**McCune**  
FOUNDATION