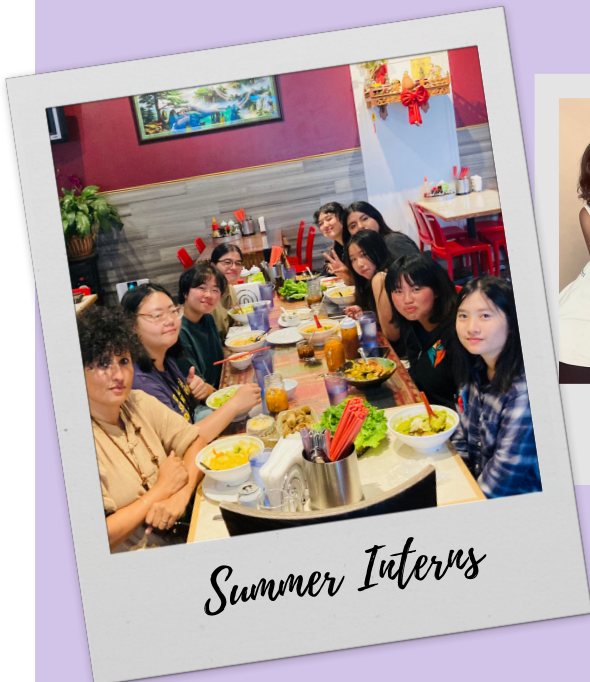


2023



BANTEAY SREI

retrospective



Summer Interns



sistahood <3



2023 Spring Bike Retreat



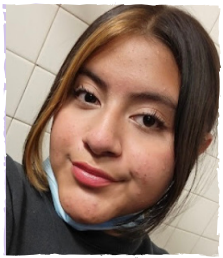
EmPowerU:

Hamida Yusufzai, Program Manager

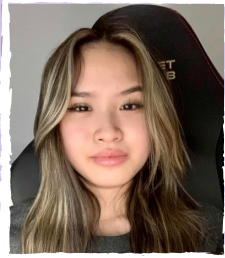
Imagine a vibrant and dynamic hub pulsating with energy and innovation –and you'll be describing the Banteay Srei sistahood. Our cutting-edge service is where young minds engage in a kaleidoscope of activities. This year, the young women have designed a beginner's guide to Asian American studies, planted and grown food, visited Washington D.C. and made a film about their experiences in program. The staff is also dynamic: a spectrum of intergenerational adults/interns, volunteers, board members, consultants, and youth. We don't just educate; we cultivate. It's been an action-packed calendar, including the best bike tours, community service projects, and emotional wellness support groups. This is what thriving, winning, and living looks like. Let's thank culturally specific funding – which uplifts our efforts and helps us enrich the community. Thank you to all the supporters of our programs – we love you. We love our sista circle – we love Chinatown, and we love Oakland.

THE SISTAHOOD

Interns, Volunteers and More <3



Ellie Chavez Chun
Intern



Evelyn Le
Intern



Kaylee Dang
Intern



Paige Logan
Consultant



Michelle Vuong
Intern



Kiara Joudre
Intern



Melissa Co
Intern



Mi Luong
Intern



Mia Tran
Intern



Myka Soriano
Intern



Jaide Lin
Volunteer



Sophie Tran
Intern



Saphia Nguyen
Volunteer



Pei Yi Tam Peng
Consultant



Leilani Prak
Consultant



Amy Huynh
Volunteer



Rita Phung
Consultant

SISTA SPOTLIGHT: *Lily MacMillan*



Lily is our new Community Health Advocate! She recently graduated from UC Santa Barbara, where she studied political science and communication. Her interest in advocacy stems from her experience as an undocumented youth and being raised by a Thai immigrant warrior Momma. In her free time, she enjoys cuddling with her cat, Shark, and cooking delicious Thai food with her family. Lily is smart, loves people, and dreams of becoming a mermaid (she's so close!). We're so grateful to have you, sista!

2023

WORKSHOPS *and* DELIGHTS



Bike Trip with California Field School

This past spring, CFS homies took us on an EPIC bike tour during spring break. Five nights, one state park, and an island where we kayaked, shared tons of laughter, healed our minds and bodies, and enjoyed amazing food made by our beloved sista, Amy. The challenges and emotions ran high (we DID bike 20+ miles on one day). There were some minor scrapes, but it was so worth it to see every person persevere and say this trip was life-changing



Summer Gardening

Garden beds have always been something that we've envisioned. So when we got the call that we'd be part of the community gardening space, of course, we said yes! Throughout the summer, our young people got to hang out at the garden, which was surrounded by Lake Merritt and nature, (including worms, squirrels, bees, and birds). Youth learned about mulch, how to double dig, how to push heavy wheelbarrows, and how to germinate seeds. From learning indigenous ways of growing food to experimenting as first-time gardeners, youth had a ton of fun!



Oh my Goddess!

Drop-in Healing Wednesdays

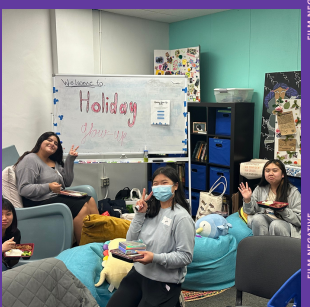
We have been blessed to collaborate with Audrey and Sasanna to offer weekly drop-in healing sessions every Wednesday! Audrey, a Chinese medicine practitioner, provides ear seeds, sound healing, and bio-tuning. Sasanna, a qi gong and reiki master, leads soothing, restorative movements that cater to each person's needs. Their combined wisdom creates a nurturing space to unwind and self-nurture. Please join us!



#TeamHeal

Holiday Glow Up

A Clothing Swap (+more!) for our sistas and their friends to celebrate the holidays and indulge in some self-care. We offered crystals, (inaccurate!) tarot card readings, and good food. Young women were able to indulge in healing through receiving wellness modalities and care. This event was truly a special experience to relish in self-love and build sista-hood! This event was made possible by our volunteer Goddess, Paige, who secured a large donation of clothing, makeup, and skincare from her connections to influencers!



Hot Clothes, Hot Me!

Banteay Srei ARTISTS' CORNER



Anti-Bullying Sneaker Customization Workshop

This year, we held a multi-part Nike Air Force shoe series for our young women. We offered acrylic paint for hand design, dye for shoelaces, and Nyia (Artist-in-Residence) blessed us by providing airbrush spray services. Rooted in self-expression, the intention of this series is to empower our youth to tap into their creative energy and customize their own shoes into something they feel excited and confident to wear at school and around the community. Needless to say, each one of our sistas created their own masterpiece. Please stay tuned for a collective photoshoot!



SISTA SPOTLIGHT: Nyia Luna



Nyia is Banteay Srei's Artist-In-Residence. She is an aerosol muralist who highlights indigenous women on large-scale walls. Luna is a co-instructor at Graffiti Camp for Girls, where she studied the art form of aerosol painting with messages of equity, empowerment, and the environment. We're blessed with Nyia's creative expression!

Help us continue our programming!

Banteay Srei

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Website: www.banteaysrei.org

Instagram: @BanteaySrei.510

Twitter/FB: @BanteaySrei510

We invite you to support our vision of creating a generation of fierce, independent and self-empowered young Southeast Asian women. Please volunteer some time or connect us to other foundations — every source of support impacts the lives of the young women we work with. Without your support, Banteay Srei would not be able to thrive.

You can make a tax-deductible donation securely online (banteaysrei.org/support/) or by mail with check payable to Banteay Srei Asian Health Services. Or Venmo using the QR code:



venmo

