



# NEWSLETTER

QUARTERLY

2025



*"We adopt the means of nonviolence because our end is a community at peace with itself. We will try to persuade with our words, but if our words fail, we will try to persuade with our acts"*

*-Martin Luther King Jr.*

## OUR IMPACT SO FAR IN 2025: BUILDING BRIDGES THROUGH DIALOGUE

This year, we are proud to share that we have engaged over 400 community members through powerful dialogue events across Los Angeles County. Together, we are creating spaces for connection, understanding, and meaningful change.

Here's a glimpse of the work so far:

- Empowerment Congress Working Groups – Homelessness
- Facilitated ongoing dialogues addressing homelessness challenges and solutions, bringing together service providers, advocates, and impacted community members to collaborate on systemic change.
- Empowerment Congress – Government Reform
- Led discussions focusing on transparency, accountability, and civic engagement, helping residents shape ideas for a more responsive and equitable government.
- Kol Ami Temple Dialogues
- Held reflective dialogues fostering understanding and resilience within faith communities on topics ranging from community leadership to navigating difficult societal conversations.
- Community Initiatives and YMCA Collaboration
- Partnered with local initiatives to host dialogues that strengthen youth leadership, promote conflict resolution, and inspire community-driven solutions.

Each gathering reminds us of the power of dialogue to spark action, deepen empathy, and move us toward a stronger, more inclusive future.

We are just getting started – thank you for being part of this growing movement for change.





# RESILIENCE IN ACTION

## YOUTH CONVERSATIONS ON COMMUNITY & RECOVERY

**Empowering Youth. Building Community. Creating Safe Spaces.**

Are you a student, parent, or educator passionate about fostering safe spaces and resilience in our communities? Join us for an inspiring Youth Dialogue with YMCA Los Angeles, Days of Dialogue, INVLA, Kids Managing Conflict, Calibrate.earth, and more!

- ◆ For Youth: Engage in meaningful conversations about resilience, safe spaces, and leadership.
- ◆ For Adults: Participate in a parallel dialogue on how to support youth and strengthen community resilience.
- ◆ Learn strategies to regroup, recover, and thrive in challenging times.
- ◆ Be part of a movement that amplifies youth voices and strengthens our collective future.
- ◆ Food and Transportation available, see registration for details
- ◆ **By attending, teens can participate in a drawing to win Gift Cards and a PS5!**



### JOIN US!

**Saturday, May 10, 2025**

**TIME:**

**9:30AM-1PM**

**LOCATION:**

**JAPANESE AMERICAN NATIONAL MUSEUM**

**ADDRESS:**

**100 N CENTRAL AVE, LOS ANGELES, CA 90012**

**REGISTER HERE!**



In collaboration with:



THE INSTITUTE FOR NONVIOLENCE LOS ANGELES  
**DAYS OF DIALOGUE**



ASSEMBLY MEMBER  
**Mark González**  
ASSEMBLY DISTRICT 14



**KIDS  
MANAGING  
CONFLICT**





# FACILITATORS

## FACILITATORS

Facilitators — This One's for You!

Holding the Center: A Special Dialogue for Facilitators

Theme: Neutrality, Resilience & Responding to Disruption in Today's Times

90 Minute Virtual Dialogue



## JOIN US

In today's polarized environment, facilitators face increased challenges and importance.

Join us for a special gathering aimed at helping facilitators pause, reflect, and enhance essential skills.

### TOGETHER WE'LL EXPLORE

What neutrality really looks like when tensions run high

How to build resilience amid emotional and societal fatigue

How to respond to disruption while maintaining trust and integrity

### DIALOGUE HIGHLIGHTS

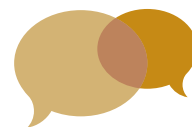
Grounding & Reflection

Facilitator Keynote

Small Group Breakouts on Neutrality, Resilience, and Disruption

Collective Insights and Closing Commitments

[REGISTER HERE](#)





**SAVE THE DATE  
6.21.2025**

# **JUNE TEENTH**

**EDUCATE, ENGAGE, EMPOWER:  
RESILIENCE IN THE FACE OF CHAOS**



**A COMMUNITY CELEBRATION & DIALOGUE**

**Saturday, June 21, 2025 | 9am - 1pm**

For more information visit [empowermentcongress.org](http://empowermentcongress.org)



THE INSTITUTE FOR NONVIOLENCE LOS ANGELES  
**DAYS OF DIALOGUE**



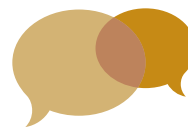
# GET INVOLVED

## DIALOGUES WE HAVE DONE IN 2025

1/25/2025	EC/INVLA
2/21/2025	EC Work Group
2/27/2025	EC Homelessness/Rhea Mac
2/28/2025	Sharon Shelton
3/18/2025	Empowerment Congress - Government Reform
4/3/2025	Koi Ami Temple
4/16/2025	CI Dialogues

## DIALOGUES COMING UP

5/10/2025	YMCA/KMC
5/31/2025	DOD: Facilitator Dialogue: Holding the
6/21/2025	Center: Neutrality, Resilience & Responding
	to Disruption in Today's Times
	Juneteenth Empowerment Congress
May TBD	Koi Ami Temple (2-4 Dialogues)
June TBD	Rhythm and Arts Alliance



CONTACT US

# WHY DIALOGUE MATTERS NOW MORE THAN EVER

From the Ground Up: Creating Space to Be Heard



In a time when headlines are filled with stories of political division, rising homelessness, systemic racism, and increasing acts of hate and bigotry, one truth remains clear: people need to be heard. Not just debated. Not just spoken at. Heard.

**That's where Days of Dialogue comes in.**

For over two decades, we've stood at the intersection of community and conversation—providing spaces where people from all walks of life can share, listen, and connect through facilitated dialogue. Today, this work is more important than ever.

Across California and beyond, communities are grappling with frustration, fear, and fatigue. From questions about civic engagement and government accountability to the heartbreaking realities of economic inequality and discrimination, people are looking for answers—and for places where their voices matter. Social media gives us noise. Dialogue gives us meaning.

What sets Days of Dialogue apart is our commitment to the process—not just the outcome. Dialogue isn't about winning or convincing. It's about connecting. It's about creating a container for honesty, vulnerability, and change. And we don't just talk about it—we show up, on the ground, wherever communities need support.



# WHY DIALOGUE MATTERS NOW MORE THAN EVER

From the Ground Up: Creating Space to Be Heard

Whether you're a city leader navigating tense policy changes, a school district confronting racial equity, or a nonprofit seeking to heal community trauma, Days of Dialogue has experienced facilitators ready to guide you. We partner with you on planning and implementation, so you're not in this alone.

The truth is: meaningful change doesn't start at the top. It starts in a circle of chairs, with people willing to speak and listen. That's what we do. And right now, the need has never been greater.



Let's build something better—one conversation at a time.

If your organization or community is ready to start a dialogue, we're here to help. Contact us to learn how we can support you with trained facilitators and a tailored planning process.

## SHARON SHELTON

In today's current climate we caution against family members engaging in dialogue for fear it will result in irrevocable harm. We are experiencing a crisis of miscommunication/discommunication where we listen to respond and not to hear.

According to the American Psychological Association, 77% of Americans report that the future of our nation as a significant source of stress. As a professional mediator and peace builder, I recognize the urgent need for solutions.

This year my family hosted our annual "Movie Night" during Black History Month to create a safe space for dialogue and explore the root causes of racism and bigotry.

Many Black families celebrate Black History Month by engaging in various activities that honor and learn about the achievements and struggles of Black people, including reading books, watching documentaries, supporting Black-owned businesses, and visiting museums, while also having open conversations about race and identity.

My family's culture continues to change and grow as other families do; this includes political and economic differences within the family. Each year the family movie night dialogue during the annual event is engaging as we exchange knowledge and ideas; this year some family members questioned the source of information and challenged its validity.





## SHARON SHELTON

There were a few of us that wanted to watch a throwback movie from 1974 that highlighted economics, welfare system and relationships. Well, this film was not selected. The younger generation wanted to engage in dialogue with a more current movie that represent today's issues. Remember the throwback movie from 1974?

### Claudine: Romantic Comedy



Claudine (Diahann Carroll) is a single mother in New York City who endures an exhausting commute to the suburbs where she works as a maid for wealthy families. She meets Roop (James Earl Jones), a charismatic but irresponsible garbage collector. Romance quickly ensues, but Claudine doubts that their relationship is good for her six children, and Rupert, despite his good nature, is reluctant to take on fatherhood.

The movie selection was “Explained” highlighting the disparity in assets of typical households across race and ethnicity. The gap in assets is far wider than disparities in wages across races.

## SHARON SHELTON

### Explained: The Racial Wealth Gap (Netflix)



This documentary explores how slavery, housing discrimination, and centuries of inequality in America all helped to create a massive gap between the wealth held between Black and white families in the U.S., a divide that continues to grow today.

This was indeed a spirited dialogue but one that ended with tender embraces as we expressed our love for each other. The movie night committee was complete in its task: planning of the menu; music; movie selection; and most crucial dialogue ground rules. The ground rules had to be repeated as uncle Joe believed his age gave him priority for the entire evening. The process allowed us to achieve our family goals of sharing knowledge and tools, being engaged as participatory citizens, and fostering understanding and cooperation within the family. My college Professor Dr. Robinson (CSULB) often said “Strong individuals make strong families; strong families make strong communities.”

**More than ever we must embrace and lean into dialogue  
let's talk about it**



**Sharon Shelton, MA  
Mediator & Peace Builder**



## AAPI HERITAGE MONTH

With the arrival of AAPI Heritage Month, we are once again invited to reflect on what it means to be of Asian American Pacific Islander descent in the United States. Whether it is found in celebrations across cultural hubs in the city, shared through stories between elders and youth, or debated passionately over which country makes the best noodle soup, the AAPI identity continues to evolve as it is shaped by the voices, traditions, and lived experiences of our communities today.

Yet as much as this month is about celebration and identity, it is also a time for action. By learning about AAPI heroes and advocates like Yuri Kochiyama, who stood alongside Malcolm X in the fight for civil rights, and Larry Itliong, the Filipino American labor leader who marched alongside Cesar Chavez, we keep their stories and dreams alive. We stay rooted in who we are, and we strengthen the connections that unite us across cultures and social movements.

At the same time, this moment calls on us to confront the challenges we still face currently. From the recent tragedy at Vancouver's Lapu-Lapu Day ceremony, to the broader political attacks on diversity, equity, and inclusion, the urgency for advocacy has returned to the forefront. These are not easy times. They rarely allow space for reflection, let alone space to have the difficult, but necessary conversations within our families, peer groups, or neighborhood.

**That is why dialogue is so critical right now. [REGISTER HERE](#)**

Creating safe spaces for conversation opens the door to new ideas, deeper empathy, and collective action. It allows us to hear perspectives we might not otherwise encounter, and it provides meaningful answers to old problems through shared understanding.

Days of Dialogue is proud to offer that space for all individuals, AAPI or not, in our upcoming AAPI Heritage Month Dialogue, taking place virtually on Saturday, May 17, 2025, from 11:00 AM to 1:00 PM. Together, we will explore identity, cultural belonging, and how today's political climate personally impacts AAPI individuals and communities. More details are coming soon, and it is sure to be a powerful conversation.

Days of Dialogue remains committed to gathering people around the metaphorical table to listen, reflect, and grow. However this month, we are bringing a Lazy Susan to the center, not for convenience, but because every perspective deserves a seat and a spin.

# RESOURCES

## USED CARS TO SUPPORT INVLA

Got an old car? Want to support INVLA/Days of Dialogue?

You, a family member or friend can help further our work. Charitable Adults Rides & Services (CARS, a 501c3) has become a popular way to support one of your favorite charities.

INVLA has recently received a contribution from a supporter who had an used vehicle that didn't work. She decided to use it to support the work we do at the Institute for NonViolence in Los Angeles/Days of Dialogue

- Choose Community Initiatives for INVLA/Days of Dialogue, a tax deductible donation.
- Call CARS at 855.500.7633 or go online:

<https://careasy.org/institute-for-nonviolence-in-los-angeles>

- Provide your donor information (name, phone, email).
- Schedule your vehicle's pick-up
- You're done and have a tax write-off.

For more information, contact: [charley@daysofdialogue.org](mailto:charley@daysofdialogue.org)





# RESOURCES

## DIALOGUE TOOLBOX & CLICKABLE RESOURCE LINKS

[Dialogue Toolbox](#)

[Trauma-Informed Facilitator Toolkit](#)

[LA Fire Relief Resources](#)

[Red Card English](#)

[Red Card Spanish](#)