



Systems Supports for Social Stability

INCLUSION, DIVERSITY, EQUITY, ACCESS

We're on a
Mission

Systems Supports for Social Stability, Inc.

Do we talk with our children about their mental well-being.

FREE YOUR MIND **PRODUCTIONS**

Serving as a platform of expression;

Utilizing creative art events, community awareness forums, educational in-services and publications as conduits;

Reducing stigma associated with preconceived judgements of mental health in our community.

Our children's book brings to light the importance of self-love, and the power of embracing one's own uniqueness. Colorful illustrations capture the child's imagination as valuable developmental topics are introduced.

Contact

Sumayya Lane, RN (retired)

FYMProductions.org

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F
M
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P

Vision

Let's break the silence about our mental health

- **Advocate** for healthy conversation on social issues.
- **Seek** *optimal mental health with ourselves and family*
- **Take action** to improve well-being of our community



The Artlab

U N P L U G

The **ARTS** play an integral part in mental health development and enhancement in brain function.

Expressive art is a tool, to explore and practice creativity as a means towards wellness.

Physical - Mental - Spiritual
equal components of the body
for
optimal health.



Former event held at Busboys and Poets, Anacostia, SE, Ward 8



The Artlab

U N P L U G

Paint and Elevate
*social gatherings... joyful
moments to remember...unplug!*



Click on shape above

Community members are essential participants in The Artlab DC's art events. Our community seeks enriching experiences that connect them to their heritage and local artistry while fostering a sense of belonging.

LET'S START THE CONVERSATION

Mental

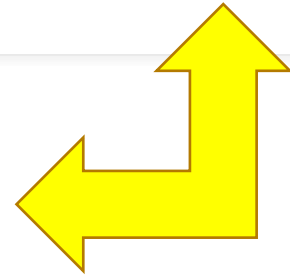
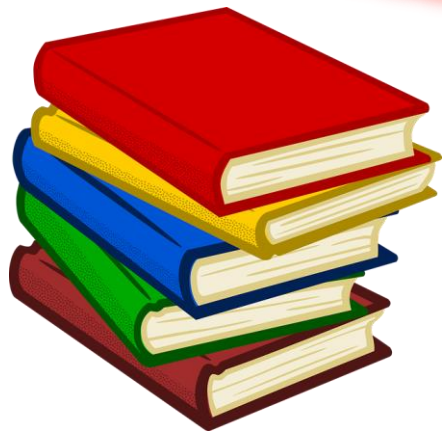
Health

Knowledge
Is Golden

UNDERSTANDING OUR MENTAL HEALTH IS WEALTH

We witness social illness in our neighborhood...gun violence, domestic violence, suicide, child abuse, addiction, incest. Do we talk about the state of mental health in the community?

Root causes and effects.



Sumayya Lane, RN, BSN, former Nurse Educator at St. Elizabeth's' Hospital and Nurse Consultant with DC Dept. of Disability Services, uses nursing theory and real-life experiences to start the conversation about bullying in our Community in her two upcoming publications.



Do we talk to our children about their mental well-being?

As a writer and motivational speaker who has always enjoyed sharing stories with young hearts, I find myself drawn to themes of self-discovery, confidence, and embracing individuality.

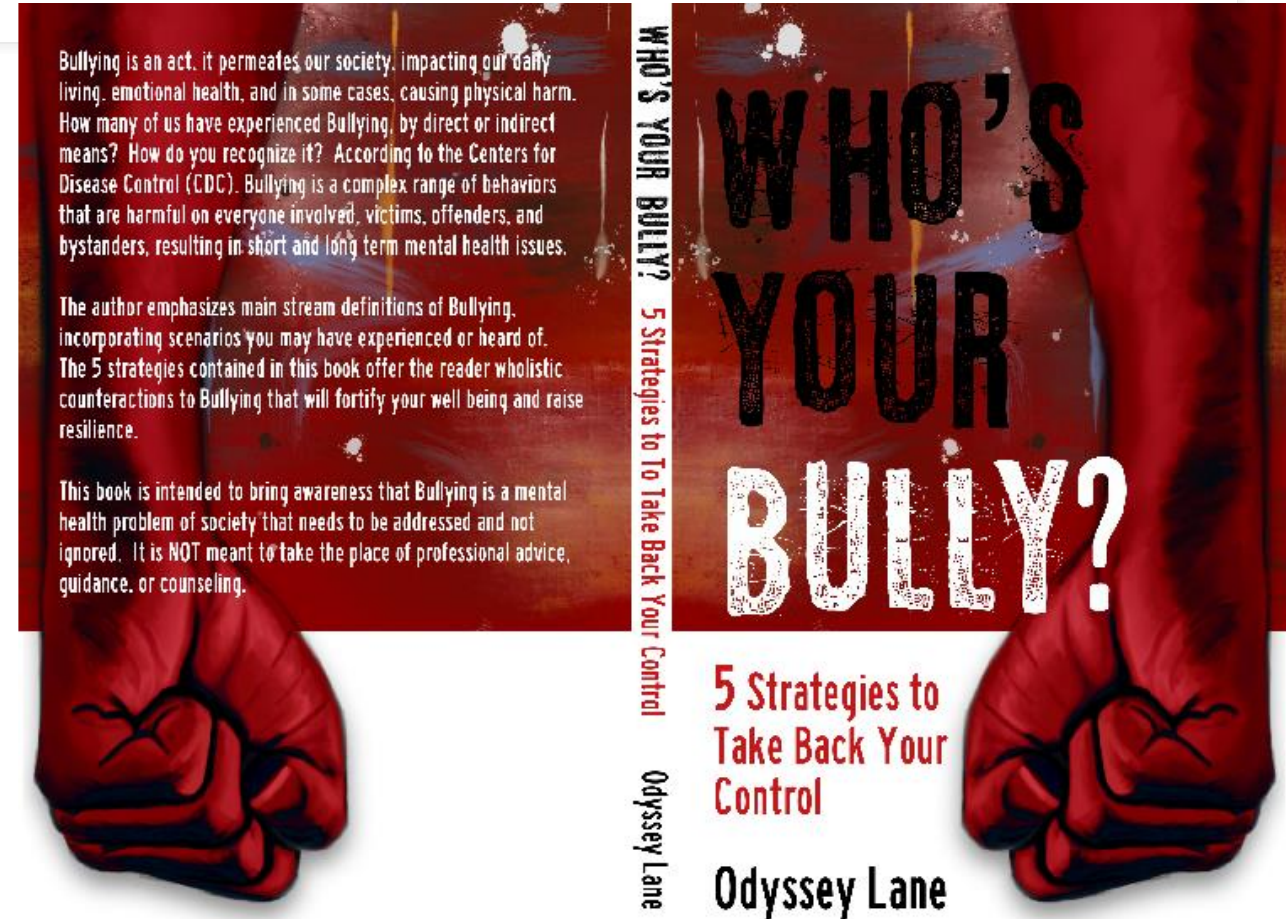
"The Vegetarian Fox" is a story that grew from my own observations of children struggling with self-esteem and the pressures of societal expectations.

I wanted to create a tale that would not only entertain but also inspire young readers to find their own strengths, embrace their differences, and develop positive habits that will empower them throughout their lives.

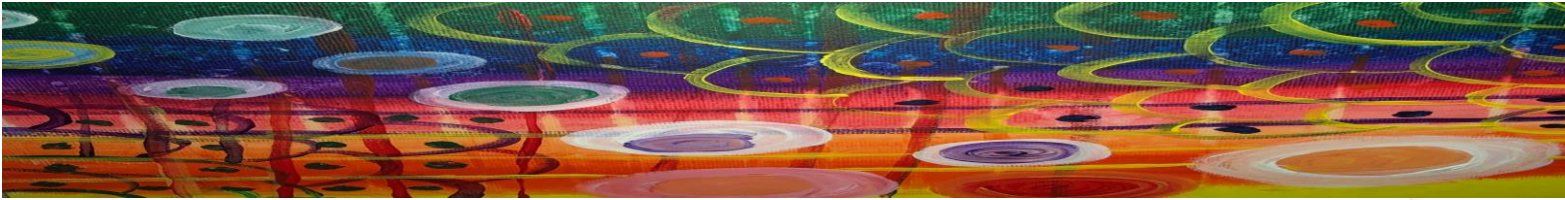
How do we talk to each other as adults concerning mental health?

Bullying is an act that permeates our society

- Bullying can impact our daily living, emotional health, and in some cases, is the root cause of physical harm.
- According to the Centers for Disease Control (CDC), Bullying is a complex range of behaviors that are harmful on everyone involved, victims, offenders, and bystanders, resulting in short and long-term mental health issues.
- The author expounds upon various categories of Bullying, from teen cyber-bullying to sibling rivalry and other struggles of real-life scenarios.
- Offering five strategies of wholistic counteractions to fortify well-being.

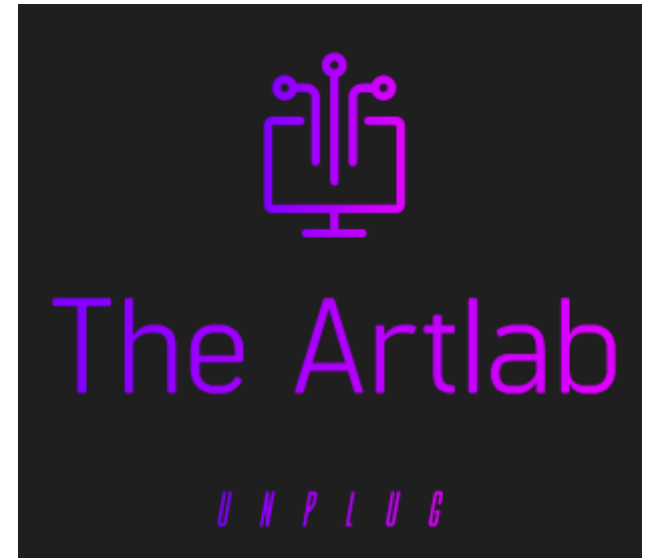
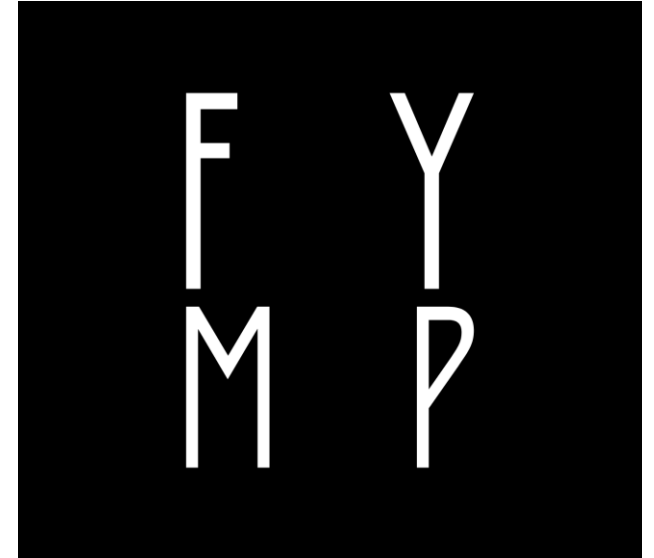


FUNDING PURPOSES



Plans for future business growth:

- ✓ FYMP forthcoming plans are to expand events for free Paint and Elevate sessions for residents at the Deanwood long term care facility, located in Ward 7.
- ✓ Funds are needed for publishing expenses of the two books currently under construction: The Vegetarian Fox and Who's Your Bully: Five Strategies to Take Back Your Control.
- ✓ Paint and Elevate, excellent fund-raising event.



Team FYMP

Sumayya Lane, RN, BSN, CEO,

(Top left and yours truly)

Sarah Rashid, Co- Author

The Vegetarian Fox

(Top right)

Bliss Ananda, Guest Violinist for
Paint and Elevate Events

(Bottom right)

Stephanie Johnson, Arts Instructor

(Bottom left)



There are many organizations that provide services or products for life's needs ...

The Artlab DC and Free Your Mind Productions, facilitates experiences to be life-changing

Systems Supports for Social Stability, Inc

- Website:
- DC Business License #400219000329

