



Mission and Values

- Our mission is to establish and sustain a center for self-healing and cultivation of well-being for survivors of trauma, and their family members, using an integrated practice of physical, spiritual and community growth. MAYE uses culturally sensitive and environmentally healthy methods including, Meditation, Agriculture (Gardening), Yoga and Education.

SHARED VALUES AND BELIEFS

The shared values and beliefs around which MAYE are organized and actualized, using a strategy of collaboration and cooperation with other organizations, community groups and governmental systems are:

- **Social Justice**-The belief that everyone deserves equal Social, Economic and Political Rights and Opportunities;
- **Nonviolence**-The belief that abstention from violence is a better means to Social Action than Passive Resistance or Use of Force;
- **Forgiveness**-The belief that letting go of grudges and bitterness after someone treats you wrongly is healthier for Human Growth.

Demographic

In May of 2014, operating on a grant from The California Endowment's Long Beach Building Healthy Communities, MAYE was created as an organization dedicated to providing Holistic Healing Services to trauma victims and survivors, mainly but not exclusively, of Cambodian descent. The response was in recognition of the fact that a study of Long Beach, home to more than 16,000 residents of Cambodian heritage, after more than 30 years of resettlement, reported that of the individual households sampled, 51% of respondents exhibited symptoms of Clinical Depression and 61% showed signs of Post Traumatic Stress Disorder (PTSD).

Who are Cambodian people and what trauma have they undergone as a people?

https://www.youtube.com/watch?v=CGSuE7_HdeE
(2:58 minutes)

Culturally Appropriate Tools for Healing

Rebuilding a society and individuals that was intentionally broken by the Khmer Rouge Genocide and civil war through urban gardening and horticulture therapy.

<https://www.youtube.com/watch?v=Ekh5NT12mDs&t=38s>
(3:18 minutes)

Meditation

Gardening



Yoga



Education



The Impact

- Healing at individuals, community and societal levels
- Rebuild, integrate and assimilate Cambodian people into the diverse community in Long Beach, California.
- Provide tools for all generations to develop sustainable healthy lifestyles and heal old and new wounds.

Cambodian Culture



A center for self-healing, and cultivation of well-being through an integrated practice of physical, spiritual, and community growth.



You are invited to be a part of the community healing! All donation are tax exempt under our fiscal sponsor the South Coast Interfaith Council, a 501c3 nonprofit.