

Here

AT THE WELL



# WELCOME *To the Well*

I would like to extend a heartfelt welcome and express my gratitude for your interest in learning more about **The Well Experience, Inc. (TWE)**. Founded in 2019, TWE is a non-profit, 501(c)(3) community organization that offers resources and provides mental health support services to all parts of the family particularly in Champaign–Urbana and surrounding areas.

Here at The Well, our executive director, Ms. Stephanie Cockrell, has created a conduit by which individuals that have been traditionally marginalized, underestimated and undervalued have an opportunity to receive trauma-informed care by means of evidence-based practices. **The Well Experience, Inc.** has programs designed to celebrate and empower students and youth to grow to be independent thinkers and constructively contribute to their community; to encourage and equip teen mothers to continue their educations while balancing parenting; to render rehabilitation and reformation for women and children; and to educate and allow a forum for networking for parents. Although the entire family can benefit from involvement at **The Well Experience**, there is a concentrated focus on children and women.

Community is a central focus here at The Well. To that end, TWE's Board of Directors is comprised of community members from all walks of life with a common thread of interest; to connect the underserved with resources and opportunities that may not otherwise be offered, and to attempt to have the conversations and build on the work that will ignite progressive change for said individuals. Through programs at **The Well Experience**, we strive to lay a foundation of services that resurrect hope and scaffold Healing, Engagement, Restoration and Empowerment in those children and adults that are in need.

As we look ahead to the future, we would love for you to partner with us! Getting involved may look like volunteerism, donating or telling a friend about **The Well Experience**. Participating in any one or all of these ways will make a tremendous impact in the lives of those served. You are invited to browse our brochure and become acquainted with our staff, our programs and our mission. Additional information about our organization may be found on our website at [thewellexperience.org](http://thewellexperience.org). Thank you in advance for your support!



*Juanita Rogers*

Board President,  
The Well Experience



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# Family testimonial

## THE WELL EXPERIENCE HAS BEEN A GODSEND

Hello, my name is Yolanda McMullen. As the mother of six children—four adult children and two young children aged 14 and 4—**The Well Experience** has been a godsend. When my older children were growing up, they often had to rely on one another for accountability and developing social awareness. I've always considered myself to be an involved parent with my children and their learning experiences. However, times have proven that I'm never too old to gain a different perspective.

Having children at the ages of 35 and 46 respectively looks very different in this day and age. The challenges in learning how to communicate and approach life can be more overwhelming when navigating as a grandmother and mother. **The Well Experience** has provided a safe place for young women like my daughter to learn more about themselves, their culture, and their gender as young black women. Ms. Stephanie and her staff allow them to express themselves and show them different examples of endless possibilities. I understand that it is not always easy to give so much of yourself, yet this group makes each child feel safe and loved. It is comforting and reassuring when they want to be around The Well and are eager to participate and have their voices heard.

I recall a time in my youth of being misunderstood and searching for a safe place. One of the most significant benefits to each girl is the feeling of acceptance; in a society filled with being politically correct, it's often hard for young women to find their voice. The Well has created an atmosphere of cheerfulness and safety for emotional and physical well-being. A place where each young woman can

find her passion and understand how it can have the most impact. A friend introduced me to The Well, and it has been a pleasure and a joy to watch my daughter blossom over the last year. I am grateful to all who put in so much to make the program what it has become.

I look forward to the future and watching each young woman discover their place.



A place where each young woman can find her passion and understand how it can have the most impact.

# Family testimonial

THANK YOU FOR LETTING US  
BE A PART OF YOUR VILLAGE!

Two and a half years ago, my daughter, Zion, experienced bullying for the first time. Even though she was a champ throughout the process, my husband and I knew we needed to expand her village with more people who would foster her greatness. We prayed and we prayed. After a few months of praying and waiting, we found that village, **The Well Experience**. The Well has been the “southern home” that I had the opportunity to grow up in. The Well leaders exemplify “southern” hospitality to my daughter as well as my son, Levi, every time we see them. Zion gets to see herself in the staff and the students. Levi is empowered to be the great, energetic, and loving boy he is. Even though I could write a book about the positive impact The Well has had on my family, what I appreciate the most is that the leaders are authentic and very present in their students’ lives. We also appreciate that the program empowers the entire family. We enjoy the Family Game Nights and the Well Fitness on Saturday.

When conversing with Zion and Levi about The Well, they both state that they are genuinely loved and that they feel safe. They both enjoy the affirmations that are imparted to them, the hands-on SEL activities, and the summer camp. Zion always talks about **Girls2Life** being her second family.

I pray that one day **The Well Experience** would expand its services and become The Well Experience K-8th Charter School.

From the Glass family, **THANK YOU** for letting us be a part of your village!



We also appreciate that  
the program empowers  
the entire family.





# HOW TO

Stephanie Cockrell, MSW

# Heal

We do not get to choose our experiences; they seem to choose us and affect our lives before we know what hit us. It was not until I was an adult that I realized how greatly I was impacted by the traumatic experiences of my childhood and teenage years. Witnessing community violence, incarcerated family members, the presence of drugs and alcohol in my childhood home, poverty, and homelessness—all while trying to figure out where I fit into the world and develop some form of identity.

With little understanding, those who mean well retraumatize children without trying and leave them focusing on the hurt, injury and distress they have experienced. This is because of the thought and presumption that a person's trauma is based on an individual

experience instead of a development based on a collection of experiences (*Ginwright, 2018*).

As providers, we have spent a lot of time focusing on treating traumatic experiences without addressing the root causes (*Ginwright, 2018*). The moments that offered me the most healing and wholeness came when providers took a deeper look into my care and gave me holistic support that considered every part of me. At **The Well Experience**, we bring this holistic view of healing into everything we do—when working with children needing academic support, parents looking for hope, teens seeking support as they find out who they are, women and girls seeking refuge and restoration—**healing-centered engagement is at the heart of everything The Well Experience does.**

Healing-Centered Engagement is what's next. Let's move from discussing and focusing on our individual traumatic experiences and move to providing care using an evidence-based practice that is culturally sound, strength-based, asset-driven, and healing-centered. I will always appreciate those who chose methods that made me feel human, acknowledged my culture and strengths, and did not mind coming where I was to help me find my best self. With help, we can make true healing a reality for families in our community.

**Here, at The Well.**

**SOURCE:** *Ginwright, S. (2018, May 31). The future of healing: Shifting from trauma informed care to healing centered engagement. Medium.*  
\*\*\*\*\*[ginwright.medium.com/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c](https://www.ginwright.medium.com/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c)



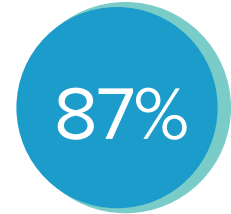
# A LOOK *at our numbers*



NUMBER OF CHILDREN SERVED IN ANY PROGRAM



NUMBER OF MEALS SHARED



PERCENTAGE INCREASE IN ACADEMICS



WOMEN & TEENS WHO SUCCESSFULLY COMPLETED FROM WELL FAMILY LEARNING PROGRAMS



NUMBER OF FAMILIES SERVED IN ANY CAPACITY



NUMBER OF PEOPLE RECEIVING FINANCIAL ASSISTANCE (COVID-19 RELIEF)

## COMMUNITY PARTNERS

for Fiscal Year 2022



Bradley Learning Center

United Way of Champaign County

Champaign County Board of Mental Health

State Representative Carol Ammons

JLCU

CU Early

Champaign County Head Start

Windsor Road Christian Church

CU Church

HOYCE Youth Center

Meijer

Busey Bank

# MEET the Team

Our Board of Directors is comprised of community leaders with expertise in a wide range of areas. The Board meets monthly and is responsible for securing the financial health of **The Well Experience** and making strategic decisions throughout their time of service.



STEPHANIE COCKRELL  
EXECUTIVE DIRECTOR

With 15 years in the Family Service and Support industry and 10 years in various areas of public education, Stephanie Cockrell is driven by her passion to serve others and provoke sustainable change. As the founder and director of The Well Experience, Stephanie considers it an honor to support families as she works with a team to find solutions for the challenges people face every day. Her passion for families pushes her to research the best ways to connect and encourage their success. Her dedication to racial equity compels her to speak out against injustice and do her part in provoking change for People of Color. Stephanie received a Master of Social Work from the University of Illinois, a Bachelor of Science from Millikin University in Decatur, Illinois, and an Associate of Science from Parkland College in Champaign, Illinois. She is trained in Youth Mental Health Crisis Intervention, Trauma and Healing Solutions, Therapeutic Crisis Intervention, and Trauma-Focused Cognitive Behavior Therapy.

Stephanie shares that her passion for the work she does grows stronger as she continues to overcome the trauma of her past. She is a mother of six beautiful girls and 5 amazing grandchildren who are her pride and joy. She is a woman of faith who believes her service is also her ministry. Stephanie is a leader, an activist, a visionary, a mentor, a motivational speaker, and an entrepreneur. She is a Black woman who is proud of her cultural representation and celebrates the beauty of others.



QUANDRA CLARK  
CO-FOUNDER

Quandra L. Clark, Co-Founder and Director of Operations of The Well Experience, has been a community organizer for over a decade in the Urbana-Champaign community, impacting the lives of many. Originally from the west side of Chicago, Quandra moved to Central Illinois to pursue higher education - she holds an associate degree from Parkland College, a Bachelor of Science in Organizational Leadership from Millikin University, and a Master of Education in Education Policy, Organization, and Leadership with a concentration in Human Resource Development from the University of Illinois at Urbana-Champaign.

A gifted vocalist, musician, and director, Quandra has shared her talent with several groups and choirs throughout Illinois and Indiana, and internationally in Costa Rica and London, England. She currently serves on the Leadership of the University of Illinois Black Chorus and with the music ministry at Grace Fellowship Church. Quandra loves God and enjoys spending time with her family and friends. She hopes to be a blessing to all who experience her gift.





## JUANITA ROGERS — Board President

Originally a California native, Juanita Rogers has been an Urbana resident for nearly twenty years. She and her husband, Michael own and operate a group daycare home that collaborates with Champaign County Head Start. They share a beautiful blended family with 7 children. Mrs. Rogers serves on the Urbana School District Equity Task Force team, works as a C-U 1 to 1 mentor, and is an involved PTO member. Juanita has been involved in programs at The Well Experience since its inception and volunteers her services and support without reservation. Juanita loves cooking, NeoSoul music, reading, and spending time with her family.



## CARRIE WELLS — Board Member

Carrie Wells is a Champaign Urbana native and has a great love for her community. She attended University of Illinois and received a Bachelor's in Language, Arts and Sciences and a Master's degree in Teaching English as a Second Language, and loves to serve those in the Champaign Urbana area. She firmly believes in the importance of white people recognizing their privilege and speaking up for those who have been consistently underserved in our society. She and her husband, Jordan, have two kiddos, Ethan and Abi, and she loves to bake and eat way too many cookies on a weekly basis.



## REGINALD PAYNE — Board Member

As a member of the Board of Directors for The Well Experience, Reginald desires to be a positive change agent who makes meaningful contributions to his community. Reginald received the Bachelor of Science in Advertising, a Master of Education in Education Policy, Organization, and Leadership from the University of Illinois Urbana Champaign, and is currently pursuing a Ph.D. in Education Policy, Organization, and Leadership with a graduate minor in Musicology, researching African American music in Higher Music Education.



## JASMINE HENDERSON — Board Member

Jasmine Henderson is a native of Chicago, IL and a two-time graduate from The University of Illinois at Urbana Champaign, earning a Bachelor of Arts in Voice and a Master of Music Education. She currently serves as the Secretary on the board for The Well Experience and as a General Music Specialist and Choir Director at Franklin STEAM Academy.



# HOW YOU *Can Help*

Over this past year, The Well has flourished. We have been able to assist families during their greatest times of need, both in providing a location for their kids to come and learn virtually, while also giving parents ease of mind as they are at work that their kids have a safe place to learn and grow. We have provided meals for kids so that they can be at their best to learn, grow, and develop, even during a time in our country where there is such uncertainty and fear—we were able to provide meals to kids so that it was one less worry crossing through their mind.

We have continued to provide programs that allow families to have special times to develop their relationship with one another, give teens a safe place to come and relax, while also being able to share how they are doing and gain support through different circumstances life has thrown at them, and even been able to provide financial assistance

to families greatly affected by COVID's far reaching impact. We have been able to do all of this through you. Your financial support is going far to help make a change in our community, provide young students with the resources they need to be successful, and offering support to families both physically, mentally, and socially.

To continue with these incredible programs that touch our community so vastly, would you be willing to provide a monthly donation that can benefit so many in our community? Any donation you give will go far to impact the lives of those around you and help change futures. Please consider taking part in this incredible opportunity.



# WHAT'S NEXT

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HERE ARE THE WAYS YOU CAN MAKE A DONATION TO THE WELL EXPERIENCE:



Make a donation online at [thewellexperience.org](https://thewellexperience.org)



Send a check in the pre-stamped envelope included (no cash, please!)



Text 217.269.5733 to make a payment by phone

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*Thank you*  
for your contribution. You have no idea how  
much it means have your support!







*Healing. Engaging. Restoring. Empowering...* at **The Well**

