



**Tariq  
Khamisa**  
FOUNDATION

## A Peace of News- July Newsletter

### CHANGE A CHILDS LIFE

Any amount of money will help us reach our goal of empowering more children.

[Donate Now](#)

### Every Gift Counts!

#### Did you know?

Schools across the country continue to face drastic budget cuts. In these cases, more and more schools than ever are turning to TKF to provide crucial social and emotional support and education to their students.

**Together we do make a difference! You can support students across the nation by donating to TKF's Safe School Programs!**

You can also support TKF throughout the year by choosing the **Tariq Khamisa Foundadtion (TKF)** as the charity of your choice on Amazon Smile.

[You Shop. Amazon Gives.](#)



[Impact a Student's Life Today!](#)

## Our Gratitude to Klemmer and Associates

Thanks to the Heart of Samurai June 2019 class for their generous support of the Tariq Khamisa Foundations mission to create safer schools and communities through educating and inspiring children in the restorative principles of accountability, compassion, forgiveness, and peacemaking!

The Heart of Samurai graduates restore purpose, energy, ambition and contribution to life. They are leaders in their community, who promote peace within themselves and others.

Thank you, Heart of Samurai!

[Learn more](#)





### Changing the Culture of Schools

TKF Directors, Tasreen Khamisa and Benita Page, have had a busy 2018-2019 school year spreading the message and lessons of our **Safe School Model at conferences across the nation.**

[Strengthening the Spirit of Community- International Institute of Restorative Practices](#)

[Rocky Mountain Restorative Practice Conference](#)

[Elevating Justice: Widening the Circle- National Association of Community and Restorative Justice](#)

Contact [info@tkf.org](mailto:info@tkf.org) for information on TKF presenting at your school or conference.



### S.D. District Attorney's Office Collaborates with TKF

In collaboration with the San Diego County District Attorney's Office and multiple local school districts, the Tariq Khamisa Foundation will be coordinating and supporting the launch of the **District Attorney's Power League mentorship program.** The project will be piloted in 4 elementary schools during the 2019-2020 school year.

Over the past couple months, the Tariq Khamisa Foundation has served as a consultant for the D.A.'s Office in developing the content and structure for a program that will connect youth with the D.A.'s mentors in weekly restorative based activities and programs.



### TKF Pilots Restorative Parenting Workshop

Sponsored by the [Greater Good Science Center of the University of California, Berkeley](#) the Tariq Khamisa Foundation piloted the first **TKF Restorative Parenting Workshop** at Integrity Charter School in San Diego County.

The workshop consisted of 4 weekly sessions, with 15 parents who were introduced to concepts and practices of restorative parenting- a method for



### Azim Khamisa Spreading the Message of TKF

[BBC News Outlook](#)

[Dear Life with Christina Rasmussen](#)

[Prescriptions for Healing Conflict with Mari Frank, Esp](#)

strengthening family relationships.

Response from parents have been overwhelmingly positive! With your continued support look for an expansion of this program in the near future.

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## Upcoming Events

### ["Restorative Practices and Forgiveness of Self & Others - A Healing Formula for Relationships and Cities"](#)

Sunday, September 8th from 2-5 pm at Temple Beth Israel, Pomona, Ca  
*Presented by Azim Khamisa*

### ["Teaching Students Restorative Skills" at the Associate for Middle Level Education Conference](#)

November 7th - 9th in Nashville, TN  
*Presented by Tasreen Khamisa and Benita Page*

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## The Value of Restorative Practices and Mindfulness

Being Restorative is a mindset in how we address and help children when mishaps, challenges or poor choices happen. Rather than simply punishing children, being restorative takes advantage of teachable moments to promote responsibility, build social-emotional skills, coach problem-solving strategies and learn life lessons. Being mindful helps to identify these teachable moments and supports you in becoming aware of, understanding, and trusting the influence you have in a child's life.

**How often to do you practice mindfulness?** Take the quiz below by the [Greater Good Science Magazine](#) to learn more about this important skill and how to strengthen your practice!

[Mindfulness Quiz](#)

**DONATE TODAY!**

[www.tkf.org](http://www.tkf.org)

