

Our Mission: CFAR is a holistic center that connects, supports, nourishes and trains individuals who serve in front line community organizations.

Our Vision: A supportive and sustainable environment where people engaged in community-based work thrive.

In a culture that appears to reflect upon itself only at the end of each calendar year, CFAR inspires and equips community-based personnel in San Antonio and the surrounding areas to holistically reflect upon their lives and work on a daily basis.

Toward this end in 2018:

- CFAR coordinated 6 monthly Reflection Circles and provides support to two non-CFAR circles involving over 60 participants, with a new CFAR circle to begin in early 2019. (see our website for more info on what a circle is, www.cfarsa.org)
- Offered ongoing weekly Yoga and Meditation classes from Jan through July involving 15-20 participants.
- Offered various training/formation seminars ranging anywhere from 1 to 8 hours in length involving over 200 participants

Training Topics included: Inner Forgiveness, Servant and Transformative Leadership, Conflict Resolution from the Inside Out, Assertive and

Compassionate Communication, Re-Evaluation Counseling, Yoga/Meditation, Community-driven Program Planning, Social Ethics, and Meeting Facilitation

- Offered a weekly Re-Evaluation Counseling support group involving 10-15 participants.
- Offered free one on one Life Coaching sessions to the CFAR community
- Coordinated 2 community-wide consciousness/fund-raising events involving over 75 participants
- Offered a bi-monthly "spread the word" electronic newsletter to the larger CFAR community to over 600 participants.

In 2018 CFAR supported the holistic development of community-based workers, leaders, and ministers from over 45 local organizations, including but not limited to:

- COSA's Neighborhood Leadership Academy
- Public Allies San Antonio
- Family Service Association's Financial Empowerment Center
- Merced Housing of Texas
- Methodist Healthcare Ministries
- Oblate School of Theology
- University of the Incarnate Word

CFAR raised over \$5,000.00 in 2018 relying completely on individual donations yet was able to directly serve a grand total of 375 community-based workers, and indirectly serve 600 leaders and ministers in 2018, providing over \$90,000 in invaluable and holistic services to San Antonio and the Surrounding areas. For every dollar donated to CFAR in 2018, CFAR was able to multiply this one dollar 18 times!