



Dear ONE DC Family,

In a city where safety is too often defined by surveillance, displacement, and fear, we continue to build a different kind of safety; one rooted in **trust, truth, and togetherness**.

Safe space is not silence; it's *shared power*. It's what happens when we open our doors to one another, hold space for grief and growth, and create rooms where no one is disposable.

This month, from **youth circles and film screenings to healing sessions**, we honor every place that lets us breathe freely and organize boldly.

## ***HEALING & WELLNESS OPPORTUNITIES***



## HEALING & WELLNESS

In a time when the world asks us to rush, we practice the radical act of slowing down. Healing is not a pause from the work, it *is* the work. From youth safe spaces to mindfulness circles, this month's wellness gatherings remind us that care is collective, rest is resistance, and joy is a form of protest.

### ***FREE DC Youth Safe Spaces — Every Thursday at the BWWC***

***Thursdays · 2–8PM · BlackWorkers&WellnessCenter***

Young people deserve rooms where they can exhale. Each Thursday, our partners at **Free DC** transform the BWWC into a home for youth healing circles, creative projects, and open discussion. No judgment, no policing, just rest, art, and connection. ***Drop in or spread the word — safe space is a right, not a privilege.***

### ***Urania Safe Space – Youth Support Group: “Growing Together Through Cognitive Behavioral Theory”***

***Sunday, October 12 · 4–7PM · BWWC, 2500 MLK Ave SE***

Hosted by **Urania Safe Space**, this youth circle centers healing through conversation, creativity, and care. Participants will explore how thought patterns shape behavior and learn practical tools for managing stress, anxiety, and conflict. *For partnership or collaboration, contact Sy at (202) 849-1784 or [Learn More Here](#).*

### ***Whoosah Wellness Session with Ms. J***

**Thursday, October 16 · 6:30–7:30 PM · Virtual via Zoom**

Pause. Breathe. Reset.

Join **Ms. J** for a virtual circle of care designed for movement builders. Through guided breathwork and mindfulness, we'll release stress, restore balance, and ground ourselves in community. Leave feeling renewed, centered, and ready to return to the struggle with strength. [RSVP here.](#)

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## ***POLITICAL EDUCATION OPPORTUNITIES***



Every revolution begins with study. Our ancestors built movements by sharpening their minds as much as their tactics and we follow in that tradition. This month's political education spaces invite us to learn from Black women's tenant leadership, liberation movements, and the power of storytelling. Study is how we stay free.

### ***Assata Shakur Study Circle: Legacy, Liberation & Love***

**Wednesdays, October 8 & 22 · at the BWWC**

In memory of the late **Assata Shakur**, this month's study circle honors her revolutionary vision, one that linked personal safety to collective liberation. Together we'll read, reflect, and remember how radical love can defend a people more powerfully than fear ever could. [Study with us. Because remembering is resistance.](#)

### ***Film Screening – Cracked Shells: A Bold Exploration of Gentrification, Culture & Resilience***

**Friday, October 10 · 5–8 PM · True Reformer Building (1200 U St NW)**

In partnership with filmmaker **Ruth Tedla**, ONE DC invites you to a powerful documentary screening that gives voice to those directly impacted by displacement. *Cracked Shells* reveals the emotional and cultural costs of gentrification through intimate storytelling and community testimony, calling us to action to protect DC's soul. [Join us for film, conversation, and reflection on reclaiming our city's narrative.](#)

**Final LEAP Session & Graduation**

**Saturday, October 25 · 4–7 PM · BWWC**

Our final **LEAP (Leadership Education for Action & Power)** session celebrates every participant who stepped up this season to practice shared leadership and cooperative visioning. We'll close with reflection, recognition, and next steps for continued leadership in ONE DC's organizing committees.

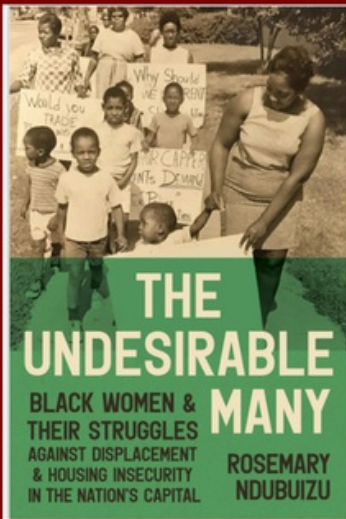
*Come celebrate growth, courage, and the next wave of movement builders. Email [poncho@onedconline.org](mailto:poncho@onedconline.org) for more information.*

**Book Release – *The Undesirable Many* by Dr. Rosemary Ndubuizu**

**Ongoing · Available Now from UNC Press**

Longtime ONEDC member, scholar, and housing justice organizer **Dr. Rosemary Ndubuizu** has released her groundbreaking new book, *The Undesirable Many: Black Women & Their Struggles Against Displacement & Housing Insecurity in the Nation's Capital*.

Amid a national housing affordability crisis, Ndubuizu traces over a century of DC housing politics to expose how systemic inequities keep low-wage Black women vulnerable to displacement, and how their resistance has reshaped the city. [Learn more or purchase your copy from UNC Press: Get your copy!!](#)



**DR. ROSEMARY  
NDUBIZU**

## ***SHARED LEADERSHIP OPPORTUNITIES***

### **SHARED LEADERSHIP**



Shared leadership is how ONE DC stays grounded and growing. It's where members, staff, and neighbors turn vision into structure and structure into collective power. From our Homes For All Circle to the Right to Resources Committee, these gatherings show what democracy looks like in practice, messy, magical, and made by us.

#### ***Right to Resources (Fundraising) Committee***

*Virtual — Oct 14 | 6:30–7:30 PM*

Join us to align our money with our values through grant work, budgeting, research, and resource mapping. No prior fundraising experience needed, your voice is the budget. [RSVP here.](#)

#### ***Shared Leadership Team (SLT) September Meeting***



*Virtual — Oct 18 | 10 AM–1 PM*

Bring your committee's lessons and align strategy across the organization. This is where we coordinate, grow member leadership, and keep our work moving in sync. [RSVP here.](#)

### ***BWWC Advisory Committee***

*Zoom — Oct 20 | 5:30–6:30 PM*

Help shape programs, open hours, and the future of the Black Workers & Wellness Center. No titles needed, just your time and voice. [RSVP here.](#)

### ***Homes For All DC (HFA DC)***

*BWWC — Oct 11 | 10:30 AM–1 PM*

Gather with tenant leaders to swap tactics, strengthen building-level fights, and turn them into city-level wins. Childcare and rides are often available, bring your whole floor. [RSVP here.](#)

### ***Healthy Workers Collective***

*Zoom — Oct 27 | 10–11 AM*

Build worker-owner power and cooperative models that turn labor into liberation. Come share skills, learn together, and grow a just economy for our communities. **RSVP here.**

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## ***DIRECT ACTIONS***

**DIRECT  
ACTION &  
COMMUNITY  
DEFENSE**



## ***Police Abuse Complaints & Community Power Training***

**Tuesday, October 18 · Noon–3:00 PM · BWWC**

Safety doesn't come from more police, it comes from more power. Hosted by **D.C. Collab** and **BLM DC**, this virtual training breaks down how to file police complaints, track outcomes, and push back on "copaganda." Participants leave ready to build real safety networks rooted in accountability and care. *Register and invite two friends who should be there.*

## ***Black Is Back Coalition – 17th Annual Black People's March on the White House***

**Friday, October 31 · 7–9 PM · Pre-Rally @ Black Workers & Wellness Center**

**Saturday, November 1 · 11 AM · Malcolm X Park to the White House**

**"Don't Agonize — Organize!"** Join the **Black Is Back Coalition for Social Justice, Peace & Reparations** for a powerful weekend of action and unity. The Friday pre-rally kicks off at ONE DC's BWWC before Saturday's march from Malcolm X Park to the White House. [Learn more and register at BlackIsBackCoalition.org.](https://blackisbackcoalition.org)

## ***Housing Action Coalition – Meeting***

**Thursday, October 23 · 6 PM · Location: 3700 B St SE**

We're uniting housing advocates, organizers, and community leaders across DC to build **collective power for lasting housing justice**. Together we'll align on strategy, messaging, and principles; creating a stronger, louder movement to drive real systemic change.

This first mass meeting is an open invitation to help shape the vision and join the fight for a just DC.

Childcare, dinner, and interpretation provided. [Learn more or Register here!](#)

## ***Rest In Power Assata Shakur***



# Assata Shakur

**Political Activist,  
Revolutionary**

**July 16, 1947 – September 25, 2025**

The passing of **Assata Shakur**, revolutionary freedom fighter and symbol of Black self-defense, reminds us that safe spaces are built by those willing to defend them. Her legacy calls us to create havens where truth can breathe, study can flourish, and resistance can rest. ***Rest in power, Assata. We carry your light.***

July  
17

## OCTOBER AT A GLANCE

| Date / Time               | Event and Location                                                                                                                                 |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Every Thursday · 2–8 PM   | Free DC Youth Safe Space @ BWWC · <i>Drop in &amp; join us</i>                                                                                     |
| Oct 8 · 7 PM              | Assata Shakur Study Circle @ BWWC · <a href="#">Study with us</a>                                                                                  |
| Oct 10 · 5–8 PM           | <i>Cracked Shells</i> Film Screening @ True Reformer Building · RSVP                                                                               |
| Oct 11 · 10:30 AM–1 PM    | Homes For All DC Circle @ BWWC · Bring a Neighbor and <a href="#">RSVP Here</a>                                                                    |
| Oct 12 · 4–7 PM           | <a href="#">Urania Safe Space</a> Youth Support Group @ BWWC                                                                                       |
| Oct 14 · 6:30–7:30 PM     | · <a href="#">Learn More</a><br><a href="#">Right to Resources</a> Committee Meeting @ Zoom                                                        |
| Oct 16 · 6:30–7:30 PM     | · <a href="#">RSVP</a><br>Whoosah Wellness Session @ Zoom · <a href="#">RSVP for</a>                                                               |
| Oct 18 · 10 AM – 11:00 PM | <a href="#">link</a>                                                                                                                               |
| Oct 18 · Noon–3:00 PM     | <del>Shared Leadership Team Meeting via Zoom</del> <a href="#">RSVP for Link</a>                                                                   |
| Oct 20 · 5:30–6:30 PM     | Police Abuse Complaints & Community Power @ <a href="#">BWWC</a> · Register Here<br>BWWC Advisory Committee via Zoom <a href="#">RSVP for Link</a> |



| <b>Date / Time</b>       | <b>Event and Location</b>                                                                                               |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Oct 23 · 6 PM</b>     | Housing Action Coalition – Mass Meeting @ 3700 B Str SE · <a href="#">RSVP Here</a>                                     |
| <b>Oct 23 · 7 PM</b>     | Assata Shakur Study Circle @ BWWC · <a href="#">Study with us</a>                                                       |
| <b>Oct 25 · 4–7 PM</b>   | LEAP Session & Participant Graduation @ BWWC · Email <a href="mailto:poncho@onedconline.org">poncho@onedconline.org</a> |
| <b>Oct 27 · 10–11 AM</b> | Healthy Workers Collective Meeting via Zoom <a href="#">RSVP Here</a>                                                   |
| <b>Oct 31 · 7–9 PM</b>   | Black Is Back Pre-Rally @ BWWC · <a href="#">Register Here</a>                                                          |
| <b>Nov 1 · 11 AM</b>     | Black People's March @ Starting at Malcolm X Park · <a href="#">Learn More</a>                                          |
| <b>Ongoing</b>           | <i>The Undesirable Many</i> Book Launch @ <a href="#">Buy Now</a> → <a href="#">UNC Press</a>                           |

## SHARE OUR SPACE



## BLACK WORKER & WELLNESS CENTER SPACE USAGE

Our Black Workers & Wellness Center is more than a venue—it's a hub for radical ideas, community empowerment, and shared leadership. The space is available for workshops, outreach events, health & wellness sessions, and more.

**How to book:** Visit our [webpage](#) to fill out the short space usage form or call **202-902-3944** and speak with Poncho.

**SlidingScaleFees:** We work to ensure financial barriers don't stop important organizing efforts.

**Plan Ahead:** Please book at least 21 days in advance. See our [Events Calendar](#) for current availability.

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## **STAY CONNECTED**

**Write, Edit, or Design for ONE DC:** Interested in contributing your skills to future newsletters? Email [organizer@onedconline.org](mailto:organizer@onedconline.org).

**Follow Us:** Keep up with ONEDCon [Instagram](#), [Twitter](#) or [Facebook](#).

**Together, we make safety sacred — one shared space at a time.**

In solidarity,

**The ONE DC Team**

**Become a  
ONE DC  
Member**

**Donate  
to the  
Movement**

**Become a  
Sustaining  
Donor**

**Volunteer  
Your  
Skills**



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