‘Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means.’
Executive Summary

Cities4Peace, an initiative committed to fostering resilience, well-being, and peace, proudly presents its Annual Report for the year 2023. Throughout the year, Cities4Peace engaged in diverse projects, impacting communities locally and globally. The initiative's commitment to empowering individuals as Peace Ambassadors and promoting mindfulness and resilience is evident in the successful completion of various programs.

Projects executed in 2023

1. Bridges to Better : Training Ambassadors of Peace

Cities4Peace, in collaboration with National Housing Trust, Neighborhood Associates, and Telesis Corp, embarked on a transformative journey with 22 resident community leaders in Wards 7 and 8, Washington DC. Through the ‘Ambassadors of Peace’ Certification program, these leaders underwent a 10-week training, becoming catalysts for positive change in their neighborhoods. This ongoing project will continue in 2024.
2. Inner Peace Outer Resilience: Empowering DC Department of Human Services Staff

Cities4Peace empowered the Department of Human Services (DHS) in Washington DC with resilience-building sessions and SKY Mindful Leadership Workshops. With 17 wellness sessions and 2 SKY Mindful Leadership courses, attendees experienced healing, reduced trauma, and enhanced resilience. A total of 406 DHS employees experienced healing, reduced trauma, and enhanced resilience, contributing to a healthier, more empowered workforce.

Program Survey Results:

Do you feel more relaxed after the session? 100% Agree
Would you recommend this session to a friend or colleague? 100% Agree
Was this session valuable to you? 100% Agree

What was most valuable about this training? (Check all that apply.)
- Reduce Stress 80%
- Improve Focus 80%
- Gain tools for self care 60%
- Enhanced clarity of mind 70%
- Rest and Recharge 70%
- Insights into mind management 50%

Cities4Peace Annual Report 2023
CITIES4PEACE partnered with FIT DC, engaging 15,504 individuals in wellness and fitness initiatives. Virtual programs saw 8,979 registrations, with 128 programs conducted, totaling 320 hours. The impact on community well-being was substantial.

### FITDC-Aetna In Person Activations with SKY Programming

<table>
<thead>
<tr>
<th>Event</th>
<th>Program Description</th>
<th>Reach</th>
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</thead>
<tbody>
<tr>
<td>Black History Month (February)</td>
<td>“Silent” Headset Live-Guided Meditations &amp; Breathwork</td>
<td>500 ppl</td>
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<tr>
<td>Herstory 5K (March)</td>
<td>“Silent” Headset Live-Guided Meditations &amp; Breathwork</td>
<td>4,000 ppl</td>
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<tr>
<td>Juneteenth (June)</td>
<td>“Silent” Headset Live-Guided Meditations &amp; Breathwork</td>
<td>1,100 ppl</td>
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<td>YogaFest (August)</td>
<td>Group Meditations from the Stage &amp; “Silent” Headset Live-Guided Meditations &amp; Breathwork</td>
<td>500 ppl</td>
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<tr>
<td>Healing Hands Yoga Series with FITDC Ambassador Britt Daniels (July-August) - 5 Sessions</td>
<td>Guided Breathwork</td>
<td>375 ppl</td>
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<td>National Maternal and Infant Health Summit (September)</td>
<td>Session: “Meditations for Mamas: Quick Relaxation on the Go”</td>
<td>50 ppl</td>
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<tr>
<td><strong>TOTAL Reach at In Person Activations</strong></td>
<td></td>
<td><strong>6,525 ppl</strong></td>
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4. Empowering Roving Leaders: Department of Parks and Recreation, Washington DC

Cities4Peace trained and empowered 45 Violence Interrupters from the DPR Roving Leaders program. By utilizing recreation and leisure activities, these leaders play a crucial role in redirecting antisocial behaviors among youth in Washington DC.

Program Survey Results:

- Ability to Regulate Emotions
- Improved ability to stay focused
- Increased Energy Levels
- Enhanced Clarity of Mind
- More Effective Personal Life
- More Effective Professional Life

Recommend SKY training for Colleagues
5. Resilience training for Community Leaders and Violence Interruptors, Washington DC

Approximately 60 community leaders, members, and violence interrupters were trained, including key government officials. The program aimed at building resilience in the community. Key participants included members from Mute the Violence DC, M.A.D., Father Factor, 100 Fathers, Office of Neighborhood Safety and Engagement, and the DC Mayor's office of Community Relations.

6. Training Gang Intervention Activists, Cape Town, South Africa

Cities4Peace extended its reach beyond borders by training 15 gang intervention activists in Cape Town, South Africa. The SKY Mindful Leadership program was enthusiastically received, marking the beginning of a continued engagement to deepen transformative work.

7. Workshop for Counselors at “Vets on the Rise”

Fifteen counselors for Veterans benefited from a 90-minute session, learning resilience-building breathing techniques. Introduced them to PWHT as an intervention tool to help their clientele.
8. Screening of Documentary Film hosted by Bi-partisan US Congressional Members

Cities4Peace engaged in high-profile advocacy, hosting a documentary screening for bi-partisan US Congressional members.

9. Introductory programs impacting over 2000 people from 15 countries

Cities4Peace reached a global audience, impacting over 2000 individuals through introductory programs spanning 15 countries.

10. Mindful Leadership at a large hospital in Sambhaji Nagar, Maharashtra, India

Five hundred staff members at a large hospital in Sambhaji Nagar, Maharashtra, India, experienced the benefits of SKY Mindful Leadership.

11. ‘Be the Change’ Online Module for 200 Officers at Seattle PD

Cities4Peace collaborated with the Seattle PD, offering an online module, "Be the Change," impacting 200 officers. The program's effectiveness was rigorously evaluated by the Seattle PD Research Wing.
Conferences and Presentations

Cities4Peace actively participated in several notable conferences in 2023, sharing insights and experiences:

- **PeaceCon 2023**: Presented the well-received session titled “Strategies for Sustainable Peace-builder Wellbeing.”
- **Building Positive Peace at Iowa State University**: Engaged in the annual conference organized by the PJSA, presenting the session titled “Mindful Leadership – Leading with Peace & Purpose.”
- **International Conference on Nation Building, Bangkok**: Shared perspectives on nation-building in the global context.
Cities4Peace's projects in 2023 spanned continents, impacting diverse communities. The initiative's commitment to fostering resilience, well-being, and peace is exemplified in the tangible outcomes of these projects. As we reflect on the accomplishments of 2023, Cities4Peace looks forward to a future where individuals thrive, communities flourish, and the ripple effects of peace are felt around the world. Cities4Peace has ongoing collaborations at various stages of engagement with a number of organizations committed to community well-being and looks forward to continued synergy with all of them.

Cities4Peace expresses gratitude to its partners, participants, and supporters. The organization remains committed to fostering peace, resilience, and well-being in communities around the world.