

Parks, Recreation & Cultural Services

PR&CS Administration, 1401 Recreation Way, Colorado Springs, CO 80905



Agenda

Westside Community Center Working Committee

Thursday, January 18, 2024

2:00 p.m.

Westside Comm. Center, 1628 W. Bijou

How to call in to the meeting for citizens:

Please dial +1 (720) 617-3426 Conference ID: 953 979 574#

How to comment:

- *For Citizen Discussion concerning items that are not on the agenda please email your comments to WCCWorkingCommittee@coloradosprings.gov in advance of the meeting.*
- *For Agenda Items - Before the meeting, those who wish to comment should submit their name, telephone number, and the topic or agenda item for comment to WCCWorkingCommittee@coloradosprings.gov. If you are a participant in Microsoft TEAMS please use the chat function to indicate you would like to comment. If you have joined the meeting via conference call, please listen for your opportunity to comment. You will be called upon to comment using the last four digits of your telephone number. Please limit your comment to three minutes.*

Announcements

Staff and Committee

Citizen Comment/Discussion

Citizens

Approval of Minutes

Working Committee Meeting Minutes – December 21, 2023

Committee

Committee Announcements

Committee

Action Items

Review of submitted *Proposals for Leased Space*

- N/A

Review of submitted *Proposals for Program/Services (20 minutes)*

- Family ROCS – Afrah Caraballo
- Cultivating Inner Calm - Elisabeth Socia

Staff and Committee

Committee Business

Communications Subcommittee Discussion
Outreach initiative (20 minutes)
2024 event (20 minutes)

Committee
Committee/Staff

Staff Updates (15 minutes)

Westside Community Center
Facility Operations: Volunteers; programming/lease space; Community garden;
Facility enhancements: maintenance closure review;

Staff

Presentation Items (30 minutes)

Rock Ledge Ranch Living History Association

Warren Wright

Adjournment

Committee



**Westside Community Center Campus
Contract Program or Service Provider Proposal**

This proposal form and all information contained within will be made public during the Westside Community Center Working Committee review process.

Organization or Provider Name: Family ROCS (Reaching out Connecting & Supporting)

Contact Name: Afrah Caraballo

Contact Email: Afrah@familyrocs.com

Contact Phone: 719-205-1977

Type of Organization: Individual For Profit Non-Profit Other: _____

What type of program or service are you proposing?

- Program (Defined as an ongoing, multi-session offering that builds on skills or learning from session to session, typically lead by an individual or instructor)
- Service (Defined as an offering providing a community good, either for no or nominal cost, to enhance community understanding of a particular topic or be a resource or service for the community)
- Other:

Organization and Proposed Program Information

(please attach additional pages as needed)

Please describe your proposed contract program or service. Include the title, description, populations served, anticipated attendance per class and general participant fees (if applicable). Please also include how this program or service is of value to the Westside Community, list goals and objectives of the program or service, and describe how you intend to make this program successful.

Family ROCS is a non-profit organization committed to educating, advocating and treating trauma survivor and their caregivers.
We are seeking to provide Expressive Art Therapy classes/workshops to community members. Expressive Art Therapy is an approach that uses various artistic expressions and small movements to manage and/or treat symptoms of anxiety, depression, and Posttraumatic stress disorders. The classes/workshops will be facilitated by a licensed professional. The classes/workshops will be offered on a weekly bases for a fee.

(proposal form continues on next page)



Optional: You may submit a cover letter further expressing your interest in offering this contract program or service at the Westside Community Center Campus.

Statement of Understanding

*I understand that this is a proposal to offer contract programs and services at the Westside Community Center Campus. I understand that this form and all information contained within will be made public during the Westside Community Center Working Committee review process. I acknowledge that the City is subject to the Colorado Open (Public) Records Act, C.R.S. § 24-72-201 et. seq. I further understand that, if selected to discuss an agreement, I will be contacted by a member of the City of Colorado Springs Parks, Recreation and Cultural Services Department. **Failure to sign and return this form could result in the rejection of the entire submission.***

DocuSigned by:

Afrak Caraballo

96953461712401

Signature of proposer

12/18/2023

Today's Date



**Westside Community Center Campus
Contract Program or Service Provider Proposal**

This proposal form and all information contained within will be made public during the Westside Community Center Working Committee review process.

Organization or Provider Name: Elisabeth soscia

Contact Name: Elisabeth soscia

Contact Email: presncepracticecoaching@gmail.com

Contact Phone: 719-648-5095

Type of Organization: Individual For Profit Non-Profit Other: _____

What type of program or service are you proposing?

- Program (Defined as an ongoing, multi-session offering that builds on skills or learning from session to session, typically lead by an individual or instructor)
- Service (Defined as an offering providing a community good, either for no or nominal cost, to enhance community understanding of a particular topic or be a resource or service for the community)
- Other:

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cultivating Inner Calm in an Increasingly Chaotic world

I would like to offer an all inclusive program offering mindfulness techniques to help individuals cultivate a deeper state of inner calm and resilience. All ages would be welcomed and holding it in an area that would be ADA compliant is ideal. These techniques are based in positive psychology and traditional mindfulness and creative visualization. No materials are required except the availability of chairs in the event a participant wants to sit down during the programming. I would be offering this course on a donation only basis so that everyone in the community can be included regardless of finances.

The objective of this program is to help individuals cultivate their mindset and creativity to assist them in times of stress, anxiety, grief or loss. I have over 10 years experience as a student of mindfulness and creative visualization and am certified as a meditation instructor through Coaching Institute. I have a deep passion for these techniques and am excited to share

(proposal form continues on next page)

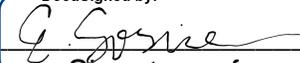


CITY OF COLORADO SPRINGS
DEPARTMENT OF PARKS, RECREATION AND CULTURALS SERVICES

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DocuSigned by:


Signature of proposer

1/8/2024

Today's Date