

Fannie Lou Hamer House

The Fannie Lou Hamer House is a socially just, urban oasis that is conveniently located in close vicinity to East Saint Louis and Saint Louis. The Fannie Lou Hamer House provides retreat and short term, creative stay space for artists and organizers as well as visitors to the area.

Inspired by the work and life of Fannie Lou Hamer, especially her founding of the Freedom Farm Cooperative, the Fannie Lou Hamer House provides an affordable space for changemakers and creatives.

We provide a space that nurtures the growth of the movement, one individual at a time. Small organizing groups are invited to hold their organizational retreats, and planning meetings. Traveling artists and organizers are encouraged to stay with us.



In order to book space, please contact Treasure Shields Redmond, owner at treasure.shieldsredmond@gmail.com



---CONTINUE READING TO SEE A SAMPLE OF RETREAT OPTIONS OFFERED AT FLH HOUSE ---

OPTION 1: Leadership Retreat for Youth

Day 1

4:00 – 5:30 Welcome and Introductions

5:45 – 7:00 Session 1

Day 2

9:00 – 10:00 Breakfast and Overview for the Day

10:15 – 11:30 Session 2

11:45 – 1:00 Session 3

1:00 – 2:00 Lunch

2:00 – 3:15 Session 4

3:30 – 4:45 Session 5

5:00 – 6:15 Session 6

6:15 – 6:45 Wrap up and Evaluations

** All retreats include group building, sufficient breaks, and individualized attention, as needed. All start/end times and session length can be modified to suit the participants' needs.*

OPTION 2: Strategic Planning Retreat for small non-profits

*(Includes key program stakeholders – staff, students, community partners, etc.)**

8:30 – 9:00 Breakfast

9:00 – 10:30 Welcome and Introductions

10:45 – 12:00 Organizational Structure, Roles, and Responsibilities

12:15 – 1:30 Overview of Program Components, Mission, Vision, etc.

1:30 – 2:30 Lunch

2:30 – 3:45 Program Evaluation

4:00 – 5:15 Brainstorm Activity: Goal Setting

5:30 – 6:30 Strategic Areas of Focus: SMART Objectives

6:45 – 7:45 Action Steps and Timelines

7:45 – 8:15 Dinner, Wrap up, and Evaluations

** All retreats include group building, sufficient breaks, and individualized attention, as needed. All start/end times and session length can be modified to suit the participants' needs.*

OPTION 3: Combination Retreat and Consultation*

Day 1

1:00 – 2:00 Lunch with Staff and Leadership (opportunity for Break

Away staff to hear more about the program – current successes and challenges)

2:00 – 5:00 Program Consultation (facilitated discussion of program goals for
the upcoming year and strategy for retreat as kick-off/ tone setter)

Day 2

9:00 – 10:30 Welcome and Introductions

10:45 – 12:00 Session 1

12:15 – 1:30 Session 2

1:30 – 2:30 Lunch

2:30 – 3:45 Session 3

4:00 – 5:15 Session 4

5:15 – 5:45 Wrap up and Evaluations

*5:45 – 6:45 Retreat Follow-up (with program leaders - staff and students - to
discuss Break Away trainer observations and recommendations for the future)*

** All retreats include group building, sufficient breaks, and individualized attention, as needed. All
start/end times and session length can be modified to suit the participants' needs.*

OPTION 4: Group retreat for women seeking centering, deep visioning & transformation*

Day 1

5:00 – 5:30 Arrival & Registration

5:30 – 6:00 Welcome & Group Building

6:30 – 7:30 Foundations of Self Care

7:45 – 8:30 Setting Intentions

Day 2

8:30 – 9:00 Breakfast & Review of the Day

9:30 – 12:00 Service Project

12:30 – 1:30 Lunch and Roundtable Discussions

1:30 – 2:45 Session 1

3:00 – 4:15 Session 2

4:30 – 5:45 Session 3

6:00 – 7:00 Dinner

7:00 – 8:00 Small Group Reflection or Evening Activity

Day 3

8:30 – 9:00 Breakfast & Review of the Day

9:00 – 10:00 Session 4

10:15 – 11:15 Session 5

11:15 – 12:00 Long term personal visioning

12:00 – 12:30 Evaluations & Closing

** All retreats include group building, sufficient breaks, and individualized attention, as needed. All start/end times and session length can be modified to suit the participants' needs.*