

Café Cultura's Xpress Yourself: Hip Hop, Poetry, & Spoken Word Workshop



“[I enjoyed] expressing myself through poetry...Overall, the workshop is great. I learned to not be embarrassed about my culture and be proud!”

-Angel (9th grade participant)

Overview:

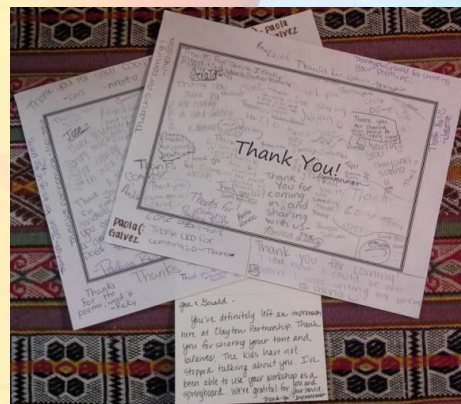
- among the most sought-after for schools and youth conferences/programs throughout Colorado
- supports Language Arts curriculum (4th through 12th grades)
- more than a decade of facilitation experience making poetry come alive
- designed by a former teacher (4 years in middle and high school) with contributions from other poets
- reaches over 2,000 young people annually
- unique, culturally relevant, and engaging framework inspires youth to express themselves creatively
- encourages Chicana/o, Native American, Latina/o, and other underserved youth to use spoken word to give voice to our stories of love, struggle, injustice, and celebration

“Cafe Cultura planted a seed into the minds of our students, who now truly understand the power of their own VOICE and stories. Thank you for empowering, supporting, and helping my students realize they have the tools to write and the capabilities to share their knowledge.”

-Guadalupe Loredo- Rangel (5th Grade Teacher, McElwain Elementary)

“The kids were really moved and inspired, as was I. You are starting ripples and influencing kids in ways you cannot possibly imagine.”

-Mary Hernandez (ELL teacher, Carbondale Middle School)



“I liked when we had to write our own poems... I'll use poems to express my feelings. Keep saying your poems to other people so they could be inspired too.”

-Maria (7th grade participant)

“Thank you for being here for the poetic workshop of Café Cultura. I really liked how you told us to always say our story...I also like that you let us express ourselves by saying our poems out loud.”

-Dario (5th grade participant)

Objectives/Outcomes:

- increase student engagement in their education
 - “at-risk” youth involved in arts programs excelled in academics and school life (Stanford University and Carnegie Foundation for the Advancement of Teaching)
 - 4 times more likely to be recognized for their academic achievement
 - 3 times more likely to run for and be elected to class office
 - 3 times more likely to earn recognition for school attendance.
- provide space where young people can use spoken word as a positive outlet
- develop students’ confidence in oral and written expression
- foster greater appreciation among participants of their culture and traditions
- empower youth to identify themselves as leaders in order to strengthen their communities

“Cafe Cultura's workshop granted my pupils the opportunity to shift paradigms that often impede their beliefs regarding the powerful abilities they possess.”

-Negar Mizani (English Teacher, Denver East High School)



“My most memorable moment was going to a workshop...and finding something I didn't know I had inside.”

-Martha (10th grade participant)

About Us: Café Cultura is an award-winning arts, culture, and youth development organization in Denver that promotes unity and healing among Indigenous peoples through creative expression while empowering youth to find their voice, reclaim oral and written traditions, and become leaders in their communities. We host one of the best open mic events in the Denver Metro area, and the only one focused on family and youth. In addition to our highly engaging and culturally relevant spoken word workshops, Café Cultura partners with schools and organizations to teach spoken word classes, publish youth poetry, and organize participant showcases. In an effort to develop young leaders in our community, we coordinate a summer youth leadership program for Indigenous youth.

