NEW YEAR, NEW LEADERS:
WELCOMING AISLINN PULLEY & CINDY EIGLER AS CTJC CO-DIRECTORS

As 2018 comes to a close, we are incredibly excited about what’s on the horizon for the Chicago Torture Justice Center in the year(s) to come.

Aislinn Pulley, the Center’s Director of Programs, and Cindy Eigler, the Center’s Director of Policy and Strategic Initiatives, have been asked to step into a new model of co-directorship at the Center.

In late December, Rodney Walker stepped down as Executive Director after accepting a new position at a direct service organization. Rodney’s departure presented the Board of Directors with the opportunity to implement a leadership model that more closely aligns with the values and visions held by survivors and family members.

Aislinn is a renowned visionary leader in the Movement for Black Lives. She has deep roots in Chicago and was an integral part of the movement for reparations that resulted in the creation of CTJC. She is a sought after public speaker and facilitator with significant experience in both budget and project management.

Cindy has a proven track record of organizing with Black and Brown communities most targeted by the justice system across the country to build power and to create opportunities for healing and transformation. She has strong relationships with national allies and significant experience developing new organizations and running day-to-day office operations.

Aislinn and Cindy have already brought vision, passion and strong, collaborative management skills to their respective positions at CTJC. Their collective strengths, experience and strong relationships with survivors and families make them the ideal team to lead CTJC during this time of growth, change and opportunity. The Board is deeply grateful for their leadership and commitment.

Together, Aislinn and Cindy will expand the capacity and reach of the Center and will ensure our work supports our communities’ continuous healing from state violence while simultaneously working to dismantle the systems that cause harm.

In Solidarity,
CTJC Board of Directors
ACUPUNCTURE AT CTJC!

We are so pleased to announce that in addition to cranio-sacral therapy, the Center will begin offering acupuncture as well. We plan to introduce acupuncture to our monthly RISE meetings starting Saturday, January 12th, in order to get people introduced to it. We are so thankful to Hillary Catrow, owner of the Quil Studio and licensed acupuncturists, for generously offering her time and brilliance to the Center. Wondering what acupuncture is? Read on.

Acupuncture is the insertion of very small needles into the body to stimulate the nervous, cardiovascular and hormonal systems in order to manage pain and symptoms related to stress, anxiety and depression. Acupuncture is safe, effective and relatively painless. Most people experience a small pinch immediately followed by a sense of warmth, buzzing, and calm relaxation.

In addition to managing pain, acupuncture helps repair the mind-body connection post-trauma. Over thousands of years, our bodies evolved to respond to threat, we call this natural system of defense “fight-flight-freeze” and it is critical to our survival as individuals and as a community. Sometimes a survivor’s natural threat response will stay clicked on post-trauma resulting in symptoms such as insomnia, chronic pain, headaches, anxiety, depression, anger, fear, dissociation and hypervigilance. Acupuncture helps regulate a body in “fight-flight-freeze” by engaging the mind and body in the present moment and establishing a relationship that over time will assist survivors in reducing symptoms, create a sense of safety and resilience.

UPCOMING EVENTS

Monday, January 7th
Open Case Management Hours
1pm to 5pm at CTJC (open to anyone impacted by police violence)

Saturday, January 12th
RISE Community Meeting
10am to 12pm at CTJC (open to anyone impacted by police violence)

Saturday, January 12th
Breaking Down Walls Book Club
12pm to 2pm at CTJC (open to anyone impacted by police violence)

Monday, January 14th
Open Case Management Hours
1pm to 5pm at CTJC (open to anyone impacted by police violence)

Monday, January 21st
Offices closed in honor of MLK Jr. Day

Monday, January 28th
Open Case Management Hours
1pm to 5pm at CTJC (open to anyone impacted by police violence)

PICTURES FROM CTJC’S ANNUAL HOLIDAY PARTY!