



Restoration for All, Inc.
Be Restored. Be Empowered.



Who We Are

[Website](#)

Restoration for All, Inc. (REFA) is dedicated to strengthening communities through mental health support, advocacy, and empowerment. We believe healing begins when people come together to share their experiences, support one another, and build resilience in the face of life's challenges.

Our Services Include:

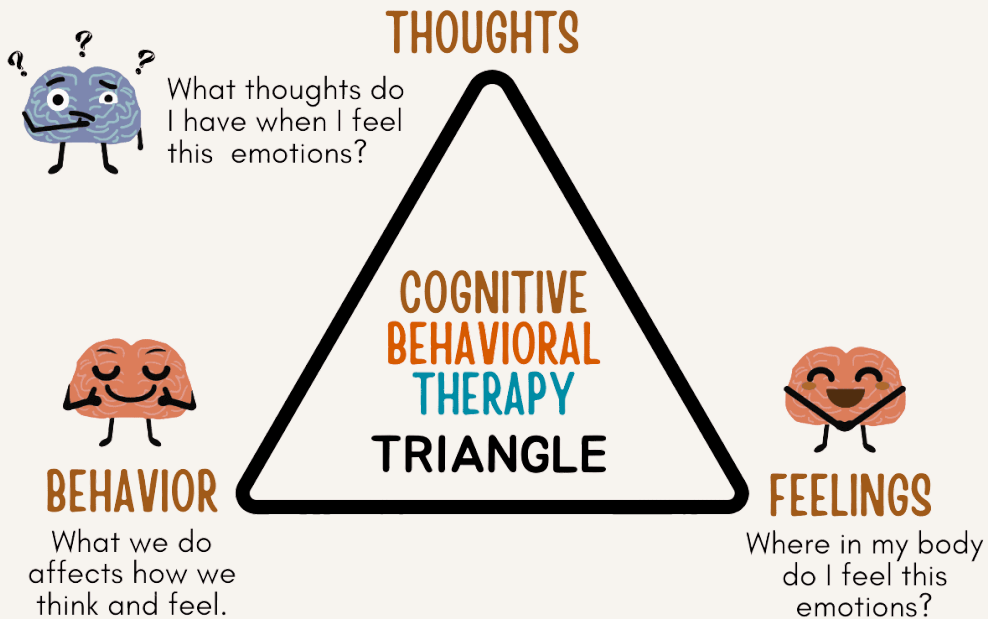
- Community support and advocacy
- Mental health education and wellness programs
- Healing circles and safe spaces for conversation
- Resources for navigating difficult life circumstances
- Connections to trusted local support services

Cognitive Distortions

All-Or-Nothing Thinking

All-or-nothing thinking — also known as black-and-white thinking — is one of the most common and impactful cognitive distortions identified in cognitive behavioral therapy (CBT).

[Read more](#)



Practice Mindfulness

Be Mindful of bodily cues pointing to your emotional state. Feelings of anxiety, fear and isolation are opportunities for you to manage how you deal with situations in your own way.

These feelings also offer the opportunity to reach out to those close to you and discuss how they may be feeling about what is impacting you. We are never alone in our struggle, and our resilience can come from many different areas of our life.

Talk with Yourself

Acknowledging our inner thoughts and feelings is foundational to how we process the world around us. By understanding the relationship between our thoughts and behaviors, we become more conscious of our own resilience.

When possible, replace negative thoughts with positive self-talk; challenge your negative thoughts with positive affirmations to develop and cultivate your own approach to coping and resilience.

Move Your Body

Physical activity, even a short walk in nature, can help release tension and improve mood.

Seek Professional Support

Reaching out for support is never easy, but can be the backbone of managing your direct care. Remember that your mental health is just as important as your physical health and, often, they intertwine with one another. If you notice shifts in you appetite, anxiety levels, or concentration; if you are experiencing thoughts of hopelessness, worry, or irritation- it may be time to seek professional help.

The more aware you are of your own behavioral changes is a good baseline for beginning your positive mental health journey. Reaching out for support before symptoms worsen has been proven to help prevent and manage long-term mental health care and symptomatic characteristics. Sometimes it is not about fixing everything all at once, but "getting back to good" and feeling like yourself again.

Acknowledge the different support systems in your life. This can be using resources like [988](#), contacting your primary physician, or simply reaching out to a loved one or mentor.

Upcoming Events

Calendar

Winter Mental Wellness Conference: Hidden Struggles

March 13, 2026



**2026 Winter
Mental Wellness
Conference**
HIDDEN STRUGGLES

Suicide Prevention, Gambling Harm & Substance Use in Times of Fear and Uncertainty

1:00 pm to 4:00 pm

Join us at the Brooklyn Park Library to discuss current mental health strains, suicide prevention, and community resilience and coping responses.

[Register Here](#)

Dakota County HOPE Summit

March 21, 2026



**Visit our resource
booth at the Dakota
County Technical
College.**

10:00 am to 4:00 pm

Learn how Dakota County health experts, city leaders, local law enforcement and community providers are addressing opioid misuse.

[Register Here](#)

SAVE THE DATE!

12th African Mental Health Summit

July 10, 2026

2nd World Summit On Human Trafficking, Femicide, and Gender-Based Violence

Early August, 2026

February Recap

Calendar



Super Saturday Family: Building Super Strong Mental Health

FEB 7, 2026

During event, Restoration for All Inc. (REFA) engaged families by sharing information about Children's Therapeutic Services and Supports (CTSS) and other mental health resources

Community Concerns & Mental Health Wellness Meeting

FEB 10, 2026

REFA hosted a Community Concerns & Mental Health Wellness Meeting to provide a safe space for community members to discuss how current events are affecting their mental

available to children and caregivers in the community. We also distributed COVID-19 testing kits and children's books to support family wellness and literacy. Hosted by NAMI MN, the event provided a safe, welcoming environment where families could explore resources, connect with community organizations, and learn about available supports at their own pace.

health and well-being.

Participants shared coping strategies, reflected on shifting perspectives, and emphasized the importance of checking in on youth and supporting one another during challenging times. The conversation highlighted the power of community connection in building resilience.



Rooted in Care: Dementia, Caregiving, & Culture

FEB 21, 2026

Restoration for All Inc. (REFA), alongside other African American-focused organizations, participated in the *Rooted in Care: Dementia, Caregiving, and Culture* community conference to raise awareness about dementia and Alzheimer's disease. Community members and healthcare professionals discussed stigma, cultural and family expectations surrounding diagnosis, and the importance of recognizing that memory loss is not a normal part of aging. Participants also

explored barriers to early diagnosis, the role of culture and language in understanding dementia, and strategies to better support caregivers and families while promoting health equity in dementia care.

Monthly Program: Understand the Impact of ICE

FEB 24, 2026

Hosted by Mountain of Fire and Miracles Ministries, explored how immigration enforcement actions, including ICE raids, affect the bodies, minds, and spiritual well-being of individuals and families. Dr. Oni and Dr. Ola discussed the body's stress response, the mental health effects of fear and uncertainty, and the long-term impact on communities, while also highlighting faith, community support, and trauma-informed care as key pathways toward healing and resilience.

Black History Month: Resilience Under Pressure

FEB 28, 2026

Community members gathered to share stories, reflection, and collective affirmation while discussing the mental health impact of current events on African immigrant families. As one participant shared, "*When life becomes difficult, we find ways to calm the heat and weather the storm.*" The conversation emphasized resilience, intergenerational support, and using cultural strengths and shared stories to advocate for the well-being of youth, elders, and families.

You Are Not Alone

Here at REFA, we understand that feelings of anxiety, fear and isolation are opportunities for you to manage how you deal with situations in your own way. These feelings also offer the opportunity to reach out to those close to you and discuss how they may be feeling about what is impacting you or them. We are never alone in our struggle, and our resilience can come from many different areas of our life.

However, we also understand the difficulties in reaching out to others. In this event, it is okay to talk to yourself. Acknowledging our inner thoughts and feelings is foundational to how we process the world around us. By understanding the relationship between our thoughts and behaviors, we become more conscious of our own resilience. When possible, try to replace negative thoughts with positive self-talk; challenge your negative thoughts with positive affirmations to develop and cultivate your own approach to coping and resilience.

Lastly, as we are visiting with our thoughts, feelings, and behaviors, it is important to explore the "In-Between." It is typical to make assertions about ourselves and the world around us in extremes, however, this may not be the best way to process our emotions or the feelings attached to them. It is easy to determine whether we think something is "good" or "bad" but the answer to your resilience lies within the *in-between* of black-and-white thinking. This in-between thinking promotes multiple perspectives, and will help change thoughts and feelings like "this is the worst and I feel awful" to something with more balance, like "this is difficult for me, but I am trying to find my way through it." Discovering new personal perspectives is paramount to improving our mental health and, more importantly, fundamental to who we are and who we strive to be.

Restoration for All Inc.

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