ANNUAL REPORT

2025 – 2026

Cultivating Wellness, Celebrating Community.

Lakou Lokal Inc. • Palm Beach County, Florida

EIN 99-3133176 • www.lakoulokal.org

A Message from Our Co-Presidents

This was the year Lakou Lokal found its voice — literally. We launched Alo Vwazin, our bilingual community wellness podcast, and turned years of conversations with Haitian families in Palm Beach County into something they could press play on. We also stepped off the headphones and into the room: gathering neighbors for listening circles, leading youth wellness workshops, and bringing mental-health support to women through a community partnership.

Rooted in the meaning of our name — the lakou, the shared courtyard where families gather and care for one another — we worked this year to make culturally grounded mental-health support accessible in English and Haitian Creole, for families too often overlooked. None of it would be possible without our volunteers, partners, and the community members who trust us with their stories.

With gratitude,



Gemima Cadet & Norma Charles

Co-Presidents & Co-Founders

Our Mission

Lakou Lokal promotes mental health and holistic healing in South Florida's Caribbean diaspora community through culturally competent wellness programming, mentorship, and resource navigation.

Our Vision

A Caribbean diaspora community in which every family and young person can access the care, education, and opportunity they need to thrive — free of the barriers of language, stigma, and cost.

7	50+	8	4
podcast episodes	in-person participants	PBC zip codes reached	funding partners

Our Work This Year

Alo Vwazin — A Bilingual Community Wellness Podcast

On January 7, 2026, Lakou Lokal launched Alo Vwazin (“Hello Neighbor”), a bilingual English and Haitian Creole podcast for Haitian and immigrant families in Palm Beach County. Across the year we published seven episodes on the themes families carry silently — TPS and immigration stress, raising children between two cultures, anxiety, parenting patterns, intergenerational trauma, and faith and mental health — including episodes recorded fully in Haitian Creole. The show reached listeners on Spotify, Apple Podcasts, and YouTube across eight Palm Beach County zip codes.

Alo Vwazin Listening Circles & Haitian Flag Day

We brought the podcast into the room through community listening circles on healing, belonging, and Haitian mental health. Our Haitian Flag Day Family Wellness Event on May 16, 2026 at Lantana Public Library gathered fifteen community members for reflection and culturally grounded giveaways, and our listening circles used activities like “Build Your Better Lakou” and “Letter to the Child” to help participants process what families inherit and choose to carry forward.



Co-founders open the Alo Vwazin Listening Circle on Haitian Flag Day



Participants reflect through art and journaling



The “Letter to the Child” reflection activity

Voices from the Community

“It made me think about how much I have to work through when it comes to processing my childhood and my parents and how they raised us.”

— Claire Pierre, participant

“I really liked the activities. It got me thinking about the things my family doesn't talk about — traditions I never thought too hard about that really don't make sense.”

— Abbigale Monard, participant



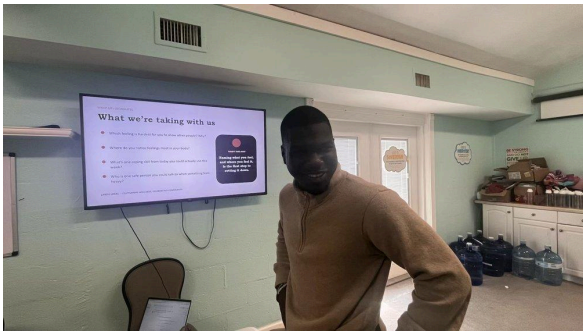
Facilitating the “Build Your Better Lakou” reflection

Youth Wellness Workshops

With support from the National Society of Leadership & Success, we delivered youth wellness workshops for approximately fifteen young people, ages 13 to 17, at our summer program. Facilitated by our contracted facilitator, the two sessions focused on communication and on understanding “bottled-up” feelings — giving young people language, coping skills, and a sense of community care they could take with them.



Leading a youth wellness workshop at summer camp



“What we’re taking with us” — the closing reflection



Summer camp participants, ages 13–17

Mental Health Workshop — Dress for Success (January 2026)



Co-Founder Gemima Cadet led a mental-wellness workshop, “Beginning the Year with Intention: Mental Health Tools for a Sustainable New Year,” for approximately twenty women at Dress for Success. Offered as donated time, the session introduced practical tools — mindful morning routines, stress awareness, and community as mental-health support — pairing Lakou Lokal’s culturally grounded approach with an organization dedicated to women’s economic empowerment.



“Community as Mental Health Support” at Dress for Success



Participants engage in the workshop

Financial Summary

Fiscal Year July 1, 2025 – June 30, 2026. Figures are internally prepared and unaudited.

REVENUE	
Community Foundation — Capacity Building Micro-Grant	$9,500
National Society of Leadership & Success — workshops	$3,000
BeWellPBC grant	$5,000
In-kind (founder-paid filing fees)	$70
Total Revenue	**$17,570**
EXPENSES	
Programs (podcast, workshops & community events)	$8,000
Capacity building (equipment, web, branding, print)	$9,500
Administrative (in-kind)	$70
Total Expenses	**$17,570**

With Gratitude to Our Supporters

- **Community Foundation for Palm Beach and Martin Counties**
- **BeWellPBC**
- **National Society of Leadership & Success**
- **Dress for Success Palm Beaches**
- **Lantana Public Library and our community partners**
- **Our volunteers, advisors, and the families who trust us**

Our Board & Community Advisory Council

Lakou Lokal is governed by a seven-member Board of Directors bringing professional backgrounds in health care (Brigham and Women's Hospital), public libraries, workforce development (MassHire), and social work — all rooted in the Haitian and Caribbean diaspora community we serve. We are also forming the Konsèy Lakou, our community advisory council: five to seven community members who keep the work grounded in the real, current needs of diaspora families.

Looking Ahead

In the year ahead, Lakou Lokal is launching the Caribbean Youth Scholars Program — need-based college scholarships paired with mentorship and college-readiness support for first-generation Haitian and Caribbean diaspora students in South Florida. It is a natural next step in our mission: opening pathways to education, stability, and leadership for the young people we already serve.



Our community — the reason for the work

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