

**From:** Josiah Holland <[REDACTED]>  
**Sent:** 7/17/2020 11:10:05 AM  
**To:** Lamont Lester <[REDACTED]>  
**Subject:** RE: Y-CAP Virtual

Hey Lamont!  
Awesome. I'm finishing up some training on the Listening Circles next week. Let's get together after that?  
Crazy times huh? It's been a whirlwind trying to figure out to "do school" and get ready for the fall.  
Talk to you soon!  
Josiah

**From:** Lamont Lester <[REDACTED]>  
**Sent:** Wednesday, July 15, 2020 2:49 PM  
**To:** Josiah Holland <[REDACTED]>  
**Subject:** RE: Y-CAP Virtual

**WARNING: EXTERNAL EMAIL - Do not click on links or attachments unless you trust the sender and know the content is safe.**

Good Afternoon. I just wanted to follow up with you. I love the idea of "listening circles" and the work you are doing! I would love to hear more and get with you at your convenience. I thought that I responded to this, but I'm not sure. Let me know what your availability allows and we'll make it work. Hope things are coming along well over there with you guys and I'm looking forward to getting together soon.

Thanks Josiah

Lamont Lester  
Program Director  
**WILLIAMSON COUNTY Y-CAP  
YMCA OF MIDDLE TENNESSEE**  
[REDACTED]  
**P** [REDACTED] [REDACTED] **F** [REDACTED]  
**E** [REDACTED] **W** [ymcamidn.org](http://ymcamidn.org)

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**From:** Josiah Holland <[REDACTED]>  
**Sent:** Monday, July 6, 2020 3:24 PM  
**To:** Lamont Lester <[REDACTED]>  
**Subject:** RE: Y-CAP Virtual

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Wow! I love it. Thanks for sending Lamont.  
Something I've been training on is a new kind of circle called "listening circles" and "compassionate witnessing" to allow students and community members to share their feelings and stories during this time. I want to help address the racism our students are experiencing and give them a voice to express how it affects them. I'll let you know as I train further and would even love to help host circles with YCAP if you're interested.  
Hope you're well! Let's get together soon? If that's okay?  
Thanks!  
Josiah

**From:** Lamont Lester <[REDACTED]>

**Sent:** Monday, July 6, 2020 12:55 PM

**To:** Josiah Holland <[REDACTED]>; 3 Ring Circus <[REDACTED]>; Alicia Sanchez <[REDACTED]>; Anthony Pickett <[REDACTED]>; Chris Ward <[REDACTED]>; Corey Smith <[REDACTED]>; Drew Freeman <[REDACTED]>; [REDACTED]; Jay Platt <[REDACTED]>; 'Josh Brummett' <[REDACTED]>; Jodi Schroer <[REDACTED]>; Knickerbocker, Jennifer <[REDACTED]>; [REDACTED]; Neil Knickerbocker <[REDACTED]>; Pastor Marvin Young <[REDACTED]>; Quontesa Chambers <[REDACTED]>; Rando, Joseph John <[REDACTED]>; Rita Reed <[REDACTED]>; Sean Moore <[REDACTED]>; Steven Saxton <[REDACTED]>; Tom Parrish <[REDACTED]>; Zannie Martin <[REDACTED]>

**Cc:** Alicia Sanchez <[REDACTED]>

**Subject:** Y-CAP Virtual

**WARNING: EXTERNAL EMAIL** - Do not click on links or attachments unless you trust the sender and know the content is safe.

Good Afternoon,

I just wanted to touch base to send you the final Summer Y-CAP Virtual schedule. It seems like a long time coming, but we are finally finding our footing in this new virtual world. Through much research, we have narrowed our focus and are presently moving forward with summer programming. Our virtual programming takes place on Tuesdays and Thursday with two different groups (community kids and the boys from My Friend's House). We have also put together a leadership team that is composed of student/ leaders that have attended Y-CAP in the past. This group of Y-CAP leaders are working in conjunction with myself to develop, recruit and execute our upcoming fall programming schedule. Their input and insight has been most helpful as we continue to find out where kids are mentally during these changing times. Y-CAP has been a safe place for them and they're excited about making sure that others have the opportunity to experience Y-CAP as well.

Needless to say, we are excited about the new opportunities that virtual learning will allow us to have. We're also making virtual space for Zannie Martin at the Juvenile Court, the Alternative Learning Center and Centennial High School students as we continue to find out about Williamson County schools schedule. With all of the uncertainty, we're looking to create a strong virtual platform that will be a "safe place" for young people to come and be encouraged during these difficult times. Our primary objective is to use these next few weeks as a learning and research opportunity, to get better and be more prepared in this new virtual space. Ideally, when schools decide which direction that they will be going in, we'll be prepared to move forward with a strong plan whether we're in person or if we have to continue virtually. Please feel free to chime in with any suggestions or reach out if you have questions. We're adjusting on the go just like everyone else, but I'm definitely encouraged by the support that we have received from you as well as our Y-CAP students. With our firm foundation and partnerships, we're going to be alright! Hope and pray all is going well with you and we look forward to hearing from you soon.

Sincerely

Lamont Lester  
Program Director  
**WILLIAMSON COUNTY Y-CAP**  
**YMCA OF MIDDLE TENNESSEE**  
[REDACTED]  
**P** [REDACTED] **F** [REDACTED]  
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