Through Her Eyes: Photovoice at Wellspring

Project Overview
● To present Wellspring Women’s Center with a ready-to-use kit for implementing photovoice projects.
● The kit includes cameras and equipment, a customized step-by-step guide, and an online private photo sharing and storage site to accommodate years of photovoice projects.

What is Photovoice?
● Photovoice empowers the participants by allowing them to control the perspective of their story rather than an outside photographer.
● A group of participants are given cameras and asked to photograph their worldview, usually around a theme, and then share their work with the group.
● It is both a way to promote artistic expression and develop group narratives in a safe space.
● It was first used to give voice to rural women in China to show how policies were impacting them in their everyday health and work realities.
● It is based on the belief that the images that we see influence our focus and our world view and that how someone is represented helps determine who they become.

Uses for Photovoice:
● Raise awareness of overlooked issues and advocate for change.
● Highlight community strengths and needs.
● Help others understand the lived experiences of a marginalized group.
● Research a specific social theme such as public health barriers or community concerns.

Wellspring Women’s Center
● Wellspring is a day center that serves 200+ vulnerable women and children every weekday in Oak Park, Sacramento.
● They provide a unique combination of services, including a safe space, warm meals, arts and crafts classes, safety net services, and community access services.
● Many clients utilize Wellspring’s services on an ongoing basis for years.

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