

Mon Amie's Expands Break the Cycle™ Initiative with Community Conversation in Shreveport–Bossier

Community leaders and youth development organizations unite to strengthen family, mentoring, and leadership environments shaping long-term stability and opportunity across Shreveport–Bossier.



Bossier City, Louisiana Feb 23, 2026 ([IssueWire.com](https://www.issuewire.com)) - Mon Amie's Business & Wellness Solutions is expanding community engagement for **Break the Cycle™**, its prevention-focused initiative designed to strengthen the environments shaping youth, families, and communities across Shreveport–Bossier. The organization will host its first Break the Cycle™ Community Conversation to gather local insight and help guide future programs and partnerships.

Developed in late 2025, Break the Cycle™ addresses the root causes of instability — trauma, disconnection, and chronic stress — by strengthening the systems and relationships surrounding young people and families. The initiative integrates mentoring, academic support, leadership development, family education, and cross-sector collaboration to build stability and long-term opportunity. Break the Cycle™ is part of a broader community vision: **Break the Cycle, Reclaim the City™**.

“We developed Break the Cycle™ because we could no longer ignore what we were seeing across

Shreveport–Bossier,” said Amy Ogunyemi, founder and President of Mon Amie’s Business & Wellness Solutions. “Unresolved trauma and chronic stress do not stay contained — they surface in homes, schools, workplaces, and community life. If root causes remain unaddressed, communities are left responding to symptoms instead of restoring stability. Our region deserves prevention-driven solutions that strengthen families and environments before strain compounds.”

Local business and community leaders participating in Break the Cycle™ conversations emphasize the importance of early, coordinated support across family, school, and community settings. Leaders note that instability rarely appears suddenly; it accumulates across environments when protective relationships and supports are inconsistent or absent.

“Addressing trauma and instability early helps people build healthier coping patterns before stress escalates,” said Dr. Chinyere Hunter of Faith Fueled Athletics. “When support arrives only after harm has already occurred, patterns are harder to change and impacts are deeper. Prevention creates stronger individual and community outcomes.”

Leaders also emphasize that prevention is not only a social concern but a workforce and economic stability issue. Chronic stress within families and neighborhoods influences how individuals engage in school, employment, and community life long before crises become visible.

“Instability creates a constant undercurrent of stress that affects how people show up in workplaces and public spaces,” Hunter added. “Employees may feel unsafe commuting or distracted by family strain, and communities quietly lose trust and engagement. Strengthening environments early supports both people and regional stability.”

Community leaders across mentoring and youth athletics organizations are also advancing the Break the Cycle™ movement through strength-based youth development. Derrick Parker and Nathaniel Hamilton of Heartwork — with Parker also serving as owner of PEAK Athletics — along with Tim Hunter of Faith Fueled Athletics and Jason Ogunyemi of O-Zone Athletics are working to ensure that youth spaces across Shreveport–Bossier consistently foster discipline, identity, belonging, and emotional regulation.

“Mentorship and athletics are not activities around a child — they are environments that shape who a young person becomes,” Parker, Hamilton, Hunter, and Ogunyemi shared in a joint statement. “When young people experience consistent guidance, accountability, and belonging through these spaces, they develop the confidence and life skills needed to navigate challenges well beyond childhood.”

The upcoming Break the Cycle™ Community Conversation will bring together parents, educators, business leaders, and community members to share experiences, identify needs, and help shape future Break the Cycle™ programs.

Break the Cycle™ will expand beyond conversations into coordinated developmental pathways that strengthen the environments surrounding children and families. These pathways include trauma-informed family education and support, mentorship and youth leadership development, athletics-based growth experiences, academic stabilization supports, and cross-sector partnerships aligning schools, organizations, and community leaders around shared prevention goals.

“A safer, more stable Shreveport–Bossier is one where families feel supported, young people see realistic futures, and communities move forward rather than reacting to recurring strain,” Hunter said. “That kind of stability creates momentum — strengthening community ties and supporting long-term

regional growth.”

“Prevention requires participation,” Ogunyemi added. “Every parent, organization, and community space helps shape the environments people grow within. Break the Cycle™ is about strengthening those environments together. This is our home, and we are not willing to leave it broken. If not us, who? If not now, when?”

Break the Cycle™ Community Conversation

Date: Saturday, March 21, 2026

Time: 11:00 a.m. – 12:30 p.m.

Location: Mon Amie’s Business & Wellness Solutions

1124 Villaggio Blvd., Bossier City, LA 71111

Register to join the Conversation [here](#).

For partnership, involvement, or support opportunities related to Break the Cycle™, visit our website [here](#).



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