



Dear Friends:

As members of the community, we are aware of the daily stress our First Responders, Veterans, and Healthcare Workers experience. They work hard every day to protect our communities and keep us safe from harm. We rely on them whenever a dangerous situation or a disaster happens.

They put their lives on the line every day. A significant part of what they do involves responding to calls for service where they may experience, or witness, tragedy, death, serious injuries, or life-threatening situations. Due to the nature of these calls, and what they face, they are more likely to experience a traumatic stress injury or other stress-related problems. Work-related stress can negatively impact their mental and physical health and affect their family lives.

The **Strengthen Your Mind Initiative (SYMI)** is a charitably funded organization that provides educational training and support for First Responders, veterans, and other emergency response individuals, to help promote stress reduction and resiliency skills as well as increase psychological flexibility. Using evidence-based therapeutic methods, individual participants can move into more meaningful relationships in their careers and personal lives. During our retreats space is limited in order to individualize the training to meet the unique needs of the participants.

Because the training our First Responders receive during the retreat is so essential and has shown to be effective, we provide the retreat **FREE OF CHARGE**. We hope that you can help us provide this critical program that services heroes by sponsoring the event. Please check out the promotional opportunities enclosed.

Sincerely,

The SYMI Team



Sponsor Form

Date: _____

Sponsor/Business Name: _____

Contact Name: _____

Phone: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Sponsorship Opportunities

- ___ Retreat Participant Sponsor\$250
- ___ Equipment Sponsor\$100
- ___ Silver Sponsor\$1000
- ___ Gold Sponsor\$1,500
- ___ General Donation\$ of your choice

Please send the form and payment to:

SYMI-FR Inc
Attn Hannah Sipe
P.O Box 903
Assonet Ma, 02702

Checks can be payable to SYMI-FR Inc

For more information please contact:

Email us at admin@strengthenyourmind.org or by phone at
508-941-9627
EIN 85-1003957