



## *Dear Friends:*

As members of the community, we are aware of the daily stress our First Responders 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.

First Responders 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 effect 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. Our next scheduled retreat is a *Fly Fishing based mindfulness program on May 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup> at the Whispering Pines Lodge by Lake Placid, NY and Whiteface Mountain*. Participation is limited in order to individualize the training to meet their unique needs.

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.

Silver and Gold Sponsorships will receive the benefit of a full day guided fly fishing experience in West Dover, VT. All equipment will be provided. Additionally, silver and gold sponsors may enjoy a chef-prepared dinner on the river and an overnight accommodation at The West Dover Inn. All sponsorships are tax deductible and you will be provided a tax receipt.

*Sincerely,*

*Donny, Carol, and the SYMI team*



## *Sponsor/ Ad Form*

Date: \_\_\_\_\_

Sponsor / Business Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## *Sponsorship Opportunities*

____ Retreat Participant Sponsor .....	\$250.00
____ Equipment Sponsor .....	\$100.00
____ Silver Sponsor .....	\$500.00
____ Gold Sponsor .....	\$1,000.00

*Please send form and payment to:*

SYMI-FR Inc.

P.O. Box 2391

West Dover, VT 05356

Please make check payable to: SYMI-FR Inc.

For more information, please contact:

Carol Verrochi at 508-941-9627 or via email at [cverrochi@syμι-fr.com](mailto:cverrochi@syμι-fr.com)