

TROT FOR TRAUMA 5K

WARWICK, NY

SPONSORSHIP PROPOSAL

FUNDRAISING EVENT



Nourish 
Y O U R M I N D

June 2024



Nourish
YOUR MIND

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ABOUT US

Nourish Your Mind was established in 2015 by Jessica Sullivan with the intention of “supporting those struggling with chronic physical and mental health issues.” In the United States, there are 350 individuals for every one mental health provider - the state of health in our country is in crisis. Nourish Your Mind Non-Profit was established with the goal of making mental health services more accessible to those in need.



Nourish Your Mind Non-Profit is an extension of our private practice organization. While Nourish Your Mind currently provides over 1,500 of your community members with mental health services, our mission through creating this Non-profit section is to extend access to those services on a broader scale.



OUR MISSION



Nourish Your Mind Non-Profit is our way of giving back to the community that has so graciously trusted us with their mental health care. Our purpose is to provide individuals, families, and the community with resources, workshops and programs that provide education and support to those who are experiencing mental illness. Mental health services through the fund are provided by Jessica C. Sullivan LCSW, PLLC.



JESSICA SULLIVAN
CEO and Founder



Jeanette Rivera
Director of Operations

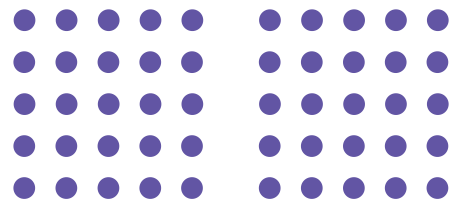


Alyssa Ferrelli
Director of
Non-Profit Services

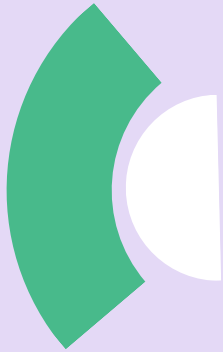


Ashley Crover
Director of
Group Therapy

MEET



OUR TEAM



WHAT WE DO?



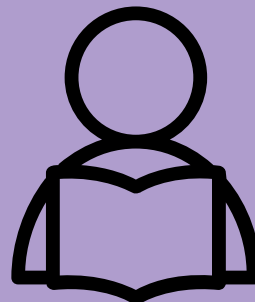
**SHORT-TERM TRAUMA
INTENSIVE**



**DIALECTICAL
BEHAVIOR
THERAPY SKILLS
GROUP**



**NUTRITION AND
MENTAL HEALTH
WORKSHOPS**



**SCHOOL
WORKSHOPS**



ABOUT THE EVENT

Nourish Your Mind Non-Profit is hosting it's first ever Spring 5K event in support of PTSD awareness month.

We aim to provide mental health services at a free or low cost. In doing so we rely on donations and support from the public. Please consider sponsoring our event so that we can help our community as mental health needs increase. Your donation will be helping to provide wonderful services to members of the community that may not be able to afford mental health services on their own.

Our Schedule: Warwick, NY

Saturday, June 1st, 2024

8:00AM - Event Day Check In/ Packet Pick Up

8:30 AM - Pre Event Speakers

9:00 AM - Walk/Run Starts

10:15 AM - Post Event Awards



SPONSOR PACKAGE

\$1,000

Platinum Sponsor

- Logo on **all** mile markers and 5k t-shirts
- Logo/Link on fundraising site, emails, and printed materials
- Individual social media posts!
- Option for five minutes presenting time to promote your company on the day of the event
- Option to set up a table at the starting point of the race
- Complementary race entry 5x

\$750

Gold Sponsor

- Logo/link on our fundraising site, printed materials, and select social media posts
- Logo on 5k t-shirts, finish line mile marker, and emails
- Option to set up a table at the starting point of the race
- Complementary race entry 4x

SPONSOR PACKAGE

Silver Sponsor

\$500

- Logo/link on our fundraising site, emails, printed materials, and select social media posts
- Logo on one mile marker, and 5k t-shirts
- Option to set up a table at the starting point of the race
- Complementary race entry 3x

Bronze Sponsor

\$250

- Logo/Link on our fundraising site, printed materials, and select social media posts
- Logo on 5k t-shirts
- Option to set up a table at the starting point of the race
- Complementary race entry 2x



Nourish
YOUR MIND

THANK

YOU! 

Contact us by April 26th if
you're interested in
becoming a sponsor

Phone 845-604-9904

Email nonprofit@nourishyourmind.com

THANK YOU FOR YOUR SUPPORT!