



Funding Opportunities

When you give to The Memphis Resilience Project, you help to heal the wounds of trauma in our City and lay a foundation for thriving families and communities.

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- \$325,000** • **Building Renovation:** Renovation of 3918 Central to serve as the MRP Training Institute. This will provide a conference room for group therapy and three counseling offices.

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- \$200,000** • **1 Year of STEPS-E Implementation:** Provides 20 16-week programs at 6-10 sites. Training in mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Helps with anger management and provides decision-making and coping skills.

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- \$100,000** • **1 Year of Administration Support for MRP Programs:** Program development and administration, ministry partner support and coordination, development opportunities.

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- \$80,000** • **1 Clinical Resident:** Support for gaining necessary hours to achieve licensure after graduation. Hours are spent counseling MRP patients, participating in MRP programs and supporting MRP ministry partners onsite.
• **1 Year of Facilities Expenses for the MRP Training Institute**

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- \$55,000** • **1 Year of Salary for the MRP Training Institute Clinical Director**

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- \$50,000** • **1 Year of Counseling Grants for MRP Patients:** Provides one-on-one counseling for 50 patients who could not otherwise afford it.

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- \$30,000** • **1 Clinical Trainee:** Support for gaining necessary hours to achieve graduation with counseling masters. Hours are spent counseling MRP patients, participating in MRP programs and supporting MRP ministry partners onsite.
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For more information about MRP, contact Erin Reynolds,
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- \$20,000**
- **1 Year of DBT Skills Training for Partner Non-Profits:** Provides 4 25-week training classes for 10 participants each. Training in mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Helps with anger management and provides decision-making and coping skills. Skills are applicable internally and with organizational clients.
 - **1 Year of Resilience Workshops for Partner Non-Profits:** Provides 8 workshops for 25-50 participants each. Training in avoiding stress and burn-out and cultivating a resilient organization. Decreases turn-over and increases organizational effectiveness.
 - **1 Year of Community Trauma Workshops for Churches:** Provides 20 workshops for 25-50 participants each from 5-7 churches. Training in the impact of trauma, mitigation techniques, and referrals for additional training and professional counseling.
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- \$15,000**
- **1 Year Awareness Campaign:** Enables generation of video assets for social media and website, in addition to earned media in local publications, explaining the profound impact of childhood trauma and opportunities for mitigating its devastating effects.
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- \$5,000**
- **1 DBT Skills Training for Partner Non-Profits:** Provides a 25-week training class for 10 participants each. Training in mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Helps with anger management and provides decision-making and coping skills. Skills are applicable internally and with organizational clients.
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- \$2,500**
- **1 Resilience Workshop for Partner Non-Profit:** Provides a workshop for 25-50 participants. Training in avoiding stress and burn-out and cultivating a resilient organization. Decreases turn-over and increases organizational effectiveness.
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- \$1,500**
- **1 Community Trauma Workshop for Churches:** Provides a workshop for 25-50 participants from 5-7 churches. Training in the impact of trauma, mitigation techniques, and referrals for additional training and professional counseling
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