



SARAH ROBINSON GROUP NONPROFIT

Bridging the gaps in
communities of color



FOCUS AREAS



Arts



Technology



Literacy



Housing



Mental Health

332 S. Michigan Ave. Ste 900
Chicago, IL 60604
www.sarahrobinsongroup.org

Dear Community Partners,

As the President of The Sarah Robinson Group NFP, I extend a heartfelt invitation to businesses in our community to join us in our mission to empower and uplift the lives of individuals in underserved populations across Chicago, particularly within the Black and Hispanic communities. Our programs in Reading Literacy, Financial Literacy, S.T.E.A.M. Education, and more are designed to address the educational and economic disparities that many face, and we cannot achieve our goals without the collaboration and support of passionate local businesses like yours.

We invite you to engage with us through volunteer opportunities that provide hands-on support and mentorship to our participants. Your expertise and guidance can make a profound difference in their lives, inspiring them to reach their full potential. Additionally, by advocating for our programs and initiatives, you can play an integral role in raising awareness about the challenges faced by our communities and the collective action needed to drive meaningful change.

Together, we can create a ripple effect of opportunity, innovation, and growth that transcends boundaries and fosters a brighter future for all. Your involvement not only enriches the lives of participants but also strengthens the fabric of our entire community.

Join us as we work to create lasting impacts and inspire change. Together, let's pave the way for a more equitable and thriving community.

Warm regards,

Sarah R. Henderson
President
Sarah Robinson Group NFP



The Sarah Robinson Group NFP is committed to transforming the lives of individuals and communities, particularly within the lower-class Black and Hispanic populations in Chicago, a group that faces significant challenges. Over 50% of Black and Hispanic families in Chicago live below the poverty line, with many residing in neighborhoods plagued by high unemployment rates—often exceeding 20%.

Educational disparities are stark, with only 18% of Black and 22% of Hispanic students meeting or exceeding state standards in reading and math, reflecting a worrying trend in literacy that hampers future opportunities. Moreover, a significant digital divide exists in these communities, where approximately 40% of Black and Hispanic households lack reliable internet access, limiting their ability to participate fully in an increasingly digital world.

Within this context, the Sarah Robinson Group NFP offers a robust range of programs designed to empower participants through education and skill development. Our comprehensive offerings include Reading Literacy, Language Arts, Financial Literacy, Visual Arts, Graphic Design, Spoken Word, Small Business Marketing, S.T.E.A.M. education, and Social Media Training. Each program is carefully crafted to address the unique needs and challenges of marginalized communities, ultimately promoting personal growth, enhancing professional skills, and fostering community involvement.

The Reading Literacy and Language Arts programs aim to improve comprehension, communication, and critical thinking skills, equipping participants with essential tools for success. When combined with our Financial Literacy training, individuals gain the knowledge necessary for informed financial decision-making, laying the groundwork for personal and economic empowerment.

In creative domains, our Visual Arts and Graphic Design courses encourage artistic expression while developing valuable design skills. Our Spoken Word program further nurtures this creativity by building confidence in public speaking and fostering self-expression through poetry.

For aspiring entrepreneurs, the Small Business Marketing program offers practical insights into effective promotional strategies and brand building, vital for businesses in underserved areas. This program enables participants to improve their online presence, leveraging social media to drive engagement and reach potential customers. Complementing these efforts is our S.T.E.A.M. initiative, which cultivates interest in science, technology, engineering, arts, and mathematics, encouraging critical thinking and innovative problem-solving.

Finally, our Social Media Training equips individuals with the skills to navigate various platforms effectively, enhancing community engagement and brand visibility.

Through these dynamic programs, the Sarah Robinson Group NFP is dedicated to fostering skill development, creativity, and collaboration, ultimately contributing to individual and community enrichment. We invite you to join us on this transformative journey as we work together to unlock potential and drive positive change within the communities that need it most.

COST ANALYSIS

Housing

Total Cost: \$500,000 annually
Per Student Cost: \$5,000 (100 families)
Resources: \$300,000 (subsidies, maintenance)
Administrative: \$200,000 (staff salaries, management)

Financial Literacy

Total Cost: \$90,000 annually
Per Student Cost: \$500 (100 students)
Resources: \$50,000 (materials, workshops)
Administrative: \$40,000 (instructors, program mgmt.)

Visual Arts

Total Cost: \$90,000 annually
Per Student Cost: \$400 (100 students)
Resources: \$45,000 (supplies, materials)
Administrative: \$40,000 (instructors, management)

Reading Literacy

Total Cost: \$60,000 annually
Per Student Cost: \$600 (100 students)
Resources: \$35,000 (books, educational materials)
Administrative: \$25,000 (tutors, coordinators)

Graphic Design

Total Cost: \$95,000 annually
Per Student Cost: \$300 (100 students)
Resources: \$50,000 (software licenses, tools)
Administrative: \$45,000 (instructors, coordinators)

Marketing

Total Cost: \$50,000 annually
Per Student Cost: \$450 (100 students)
Resources: \$25,000 (workshop materials, resources)
Administrative: \$25,000 (trainers, program management)

Spoken Word

Total Cost: \$70,000 annually
Per Student Cost: \$250 (100 students)
Resources: \$30,000 (event costs, materials)
Administrative: \$40,000 (facilitators, event management)

Social Media

Total Cost: \$35,000 annually
Per Student Cost: \$350 (100 students)
Resources: \$20,000 (training materials, tools)
Administrative: \$15,000 (instructors, program mgmt.)

S.T.E.A.M.

Total Cost: \$100,000 annually
Per Student Cost: \$1,000 (100 students)
Resources: \$60,000 (kits, tools, technology)
Administrative: \$40,000 (instructors, coordinators)

Language Arts

Total Cost: \$80,000 annually
Per Student Cost: \$550 (100 students)
Resources: \$45,000 (books, educational materials)
Administrative: \$35,000 (tutors, program management)

Group Therapy

Total Cost: \$6,800 annually
Resources: \$3,800
Administrative: \$3,000

Sound Therapy

Total Cost: \$10,800 annually
Resources: 9,000
Administrative: \$1,800

Reiki Therapy

Total Cost: \$10,800 annually
Resources: \$6,000
Administrative: \$4,800

Summary of Total Costs

- **Total Annual Cost for All Programs:** \$1,198,400
- **Average Per Student Cost:** \$600 (based on 100 students per program)
- **Total Resources Cost:** \$713,000
- **Total Administrative Cost:** \$485,400

This detailed cost breakdown facilitates an understanding of financial allocations across various programs, ensuring effective budgeting and resource management.

EXPLORE

The World of Literacy

OUR PROGRAMS AIM TO BOOST ACADEMIC AND FINANCIAL SKILLS IN LOW-INCOME YOUTH, TARGETING A 30% INCREASE IN LANGUAGE ARTS AND 40% IN FINANCIAL LITERACY, FOSTERING EMPOWERED, INFORMED FUTURE LEADERS.



Reading Literacy

Our Reading Literacy Program aims to enhance literacy skills among low-income youth ages 7 to 17 in Chicago's inner city. Through tailored reading workshops, mentorship, and access to diverse literature, we will foster a love for reading and improve essential literacy skills, ultimately empowering participants with the tools needed for academic and life success.



Language Arts

Our Language Arts and Cultural Immersion Program is designed for low-income youth ages 7 to 17 in Chicago's inner city, focusing on enhancing language arts skills through literature, writing workshops, and experiential learning. The program will incorporate field trips to local cultural institutions, community events, and diverse neighborhoods, allowing students to engage with various cultures while developing their language proficiency and communication skills.



Financial Literacy

Money School is a financial literacy program tailored for low-income youth ages 7 to 17 in Chicago's inner city. This program aims to equip participants with essential financial skills, including budgeting, saving, investing, and understanding credit. Through interactive workshops, hands-on activities, and real-world simulations, students will learn to make informed financial decisions that will empower them to achieve economic stability and success.

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READING LITERACY



This 10-week reading literacy program enhances comprehension and fluency through engaging texts and interactive activities, equipping students with essential skills for academic success.

By enhancing reading proficiency in this targeted demographic, our program aims to not only improve academic performance but also to build self-confidence, critical thinking, and a lifelong appreciation for reading. Our goal is to increase the literacy rate by at least 25% among participants within two years, positively affecting their educational trajectories and future opportunities.

Our Mission

Empowering students through innovative reading experiences, our mission is to foster a love for literacy, enhance comprehension, and build essential skills for lifelong learning and success.

Strategies

- ✓ Guided Reading Session
- ✓ Interactive Read-Alouds
- ✓ Literacy Centers
- ✓ Reading Journals
- ✓ Small group discussions
- ✓ Integration of Technology

Program Outcomes



Improved reading comprehension skills, enabling students to analyze and interpret texts effectively.



Increased reading fluency, promoting confidence and enjoyment in reading.



Enhanced vocabulary development, supporting greater understanding of complex texts.



Greater ability to engage in discussions about texts, fostering critical thinking and collaborative learning.



Cultivated a lifelong love for reading, encouraging independent exploration of diverse genres and topics.



Strengthened ability to apply reading strategies across various subjects and real-life situations.



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READING LITERACY

The Reading Literacy Program aims to enhance reading skills, comprehension, and overall literacy among participants, particularly focusing on underserved populations within our community. By fostering a love for reading and providing fundamental skills, we empower individuals to succeed academically, professionally, and personally.

Goals & Objectives

- ✓ **To Improve Reading Skills:**
Enhance participants' abilities to read fluently and comprehend various texts.
- ✓ **To Foster a Love of Reading:**
Instill a passion for reading through engaging materials and activities..
- ✓ **To Provide Resources for Continued Learning:** Equip participants with tools and strategies for independent reading and lifelong literacy.
- ✓ **To Increase Access to Reading Materials:** Ensure all participants have access to diverse reading materials that reflect their interests and backgrounds.

Program Structure

Target Audience

Age Groups

- Children (grades 2-5)
- Tweens (grades 6-8)
- Teens (grades 9-12)
- Adults & Seniors (18+)

Participants: Designed for individuals who may struggle with reading or seek to improve their literacy skills.

Program Duration

Length: 10-week session

Sessions: Four sessions annually, each lasting 10 weeks, with weekly group sessions of 1.5 hours each, supplemented by monthly individual tutoring sessions.

Curriculum Components

Reading Workshops: Themed workshops focusing on different genres, comprehension strategies, and reading techniques.

Storytime Sessions: Engaging, interactive storytelling to inspire imagination and interest in reading.

Reading Clubs: Small group discussions around selected texts to encourage critical thinking and peer interaction.

Digital Resources and E-Library Access: Online access to e-books, audiobooks, and reading resources.

Instructional Staff

Trained Educators: Experienced teachers and literacy specialists facilitate sessions.

Volunteers: Community volunteers, including high school students and college students pursuing education, assist in tutoring and mentorship.



READING LITERACY

Budget Breakdown

Total Cost: \$60,000

Resources: \$35,000

- **Books and Materials:** \$20,000 (diverse literature, instructional resources)
- **Technology and E-Resources:** \$10,000 (e-library subscriptions)
- **Supplies:** \$5,000 (workshop materials, art supplies)

Administrative Costs: \$25,000

- Salaries for Tutors/Instructors:** \$15,000
- Program Coordinators:** \$10,000 (management and oversight)

Evaluation Methods

- 1. Pre- and Post-Assessments:** Measure participants' reading levels and comprehension before and after each 10-week session.
- 2. Feedback Surveys:** Collect feedback from participants and caregivers on program effectiveness and areas for improvement.
- 3. Attendance and Engagement Tracking:** Monitor participation rates, session attendance, and engagement during activities.
- 4. Reading Logs:** Encourage participants to maintain reading logs documenting their reading progress and reflections.

Community Impact

The Reading Literacy Program will have a significant positive impact on participants and the wider community. By improving literacy skills, we can:

- Enhance academic performance, leading to better educational outcomes.
- Increase employability and professional development opportunities.
- Foster a culture of reading and learning within families and communities.

The Reading Literacy Program is an essential initiative designed to address literacy challenges in our community. Through dedicated resources, engaging activities, and support from partners and volunteers, we believe this program will empower participants to become confident, capable readers and lifelong learners. We invite community partners and stakeholders to join us in this important mission to advance literacy and enrich lives.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.



LANGUAGE ARTS

The Spanish literacy program emphasizes the development of reading, writing, speaking, and listening skills in Spanish through diverse activities, promoting critical thinking, creativity, and effective communication in the language.

By integrating language arts education with cultural experiences, our program aims to boost students' literacy and critical thinking skills, while fostering cultural awareness and empathy. We anticipate that participants will demonstrate a 30% improvement in language arts competencies over two years, enhancing their academic performance and promoting a deeper understanding of the diverse communities that compose Chicago.

Our Mission

Inspire a passion for language and literacy in students, fostering critical thinking and effective communication through an engaging and inclusive curriculum in reading, writing, and oral expression.

Strategies

- ✓ Diverse Reading Materials
- ✓ Interactive Writing Workshops
- ✓ Oral Communication Activities
- ✓ Integrative Technology Tools
- ✓ Critical Thinking Projects
- ✓ Family and Community Engagement

Program Outcomes



Enhanced Literacy Skills: Improved reading comprehension and writing proficiency in English and Spanish.



Cultural Awareness: Greater appreciation for diverse cultures through multicultural literature.



Critical Thinking Development: Increased ability to evaluate arguments and synthesize information.



Effective Communication: Proficiency in verbal and written communication for various audiences.



Collaboration Skills: Ability to work effectively in teams on language arts tasks.



Lifelong Learning Mindset: Continued engagement with reading and writing beyond the program.



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LANGUAGE ARTS

The Language Arts Program is designed to enhance students' communication skills, critical thinking, and literary appreciation across various age groups. Focusing on reading, writing, speaking, and listening, the program aims to equip participants with essential skills that can be applied in academic, personal, and professional settings. This comprehensive curriculum integrates creative and analytical elements, fostering a well-rounded understanding of language arts.

Goals & Objectives

- ✓ **Enhance Reading**
Comprehension: Improve students' abilities to understand, analyze, and interpret various texts.
- ✓ **Develop Writing Skills:** Foster clear, concise, and creative writing through supportive instruction and feedback. Strengthen Speaking and
- ✓ **Listening Skills:** Promote effective verbal communication and active listening in discussions and presentations.
- ✓ **Promote Literary Appreciation:** Cultivate an interest in diverse literary genres and encourage critical thinking through discussions.

Program Structure

Target Audience

Age Groups

- Children (grades 2-5)
- Tweens (grades 6-8)
- Teens (grades 9-12)
- Adults & Seniors (18 +)

Participants: Open to all individuals looking to enhance their language arts skills, regardless of prior proficiency.

Program Duration

Length: 10-week session

Sessions: Four sessions annually, each lasting 10 weeks, with weekly group sessions of 1.5 hours each, supplemented by monthly individual tutoring sessions.

Curriculum Components

Reading Units: Focus on literary analysis, comprehension strategies, and thematic exploration through diverse texts.

Writing Workshops: Sessions geared towards improving different writing styles, including narrative, expository, and persuasive writing.

Speaking and Listening Activities: Group discussions, debates, and presentations aimed at improving verbal communication.

Creative Projects: Engaging hands-on projects that encourage students to express their understanding and interpretation of literature and writing.

Instructional Staff

Qualified Educators: Experienced teachers and language arts specialists guide the program.

Guest Speakers: Invite authors, poets, and educators to share insights on writing and literature.

Peer Mentors: High school and college students assist in tutoring and facilitating discussions.



LANGUAGE ARTS

Budget Breakdown

Total Cost: \$80,000

Resources: \$45,000

- **Books and Materials:** \$25,000 (textbooks, literature, writing supplies)
- **Technology and E-Resources:** \$15,000 (online platforms, e-books)
- **Art Supplies for Creative Projects:** \$5,000

Administrative Costs: \$35,000

- **Salaries for Instructors:** \$20,000
- **Program Coordinators:** \$15,000 (management and logistical support)

Evaluation Methods

- 1. Pre- and Post-Assessment Tests:** Evaluate student progress in reading and writing skills before and after each session.
- 2. Writing Portfolios:** Collect samples of writing to assess improvement and provide constructive feedback.
- 3. Participation Metrics:** Track engagement in discussions, activities, and overall attendance.
- 4. Feedback Surveys:** Gather input from participants and guardians on program effectiveness and areas for improvement.

Community Impact

The Language Arts Program is crafted to have a significant impact on individuals and the broader community by:

- Improving essential communication skills that contribute to academic and career success.
- Fostering a supportive learning environment that encourages collaboration and peer mentorship.
- Creating a culture that values literacy and lifelong learning.

The Language Arts Program is an integral initiative designed to address the language skill challenges within our community. By employing a dynamic curriculum, skilled instructors, and supportive resources, we are committed to empowering participants to become proficient, confident communicators and avid readers. We welcome community partners and stakeholders to collaborate with us in this essential mission to enhance literacy and enrich the lives of our participants.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.





FINANCIAL LITERACY

Money School enhances literacy skills in English and Spanish, fosters cultural awareness, develops critical thinking, improves communication, promotes collaboration, and encourages a lifelong learning mindset in financial literacy.

Our program aspires to improve financial literacy among participants by at least 40% within two years, setting a foundation for responsible financial behavior and greater economic mobility. By fostering a deeper understanding of personal finance, Money School will help students build a path towards financial independence, ensuring they can navigate their futures with confidence.

Our Mission

Empower individuals with essential financial literacy skills to make informed, confident financial decisions.

Strategies

- ✓ Interactive Workshops
- ✓ Online Resources
- ✓ Community Partnerships
- ✓ Mentorship Programs
- ✓ Culturally Relevant Content
- ✓ Ongoing Support and Follow-up

Program Outcomes



Increased Financial Knowledge:

Participants will show improved understanding of budgeting, saving, and investing.



Better Decision-Making: Individuals will gain confidence in making informed financial choices.



Effective Budgeting: Participants will create and follow a personalized budget.



Investment Understanding: Individuals will understand various investment options and risk principles.



Debt Management: Participants will develop strategies to manage and reduce personal debt.



Long-Term Planning: Graduates will create a long-term financial plan addressing savings and future expenditures.



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FINANCIAL LITERACY

The Financial Literacy Program aims to equip individuals with the necessary knowledge and skills to make informed financial decisions. This program is designed for participants from various backgrounds, focusing on underserved populations who may lack access to financial education. By promoting financial awareness, budgeting skills, and investment strategies, this initiative seeks to empower participants to achieve financial stability and security.

Goals & Objectives

- ✓ **To Improve Financial Understanding:** Foster knowledge of key financial concepts including budgeting, saving, investing, and credit management.
- ✓ **To Promote Responsible Financial Behavior:** Encourage participants to adopt habits that lead to long-term financial success.
- ✓ **To Provide Accessible Resources:** Equip individuals with tools and resources to manage their finances effectively.
- ✓ **To Reduce Financial Stress:** Help participants develop strategies to manage expenses, reduce debt, and save for future goals.

Program Structure

Target Audience

Age Groups

- Children (grades 3-8)
- Teens (grades 9-12)
- Adults & Seniors (ages 18 +)

Participants: Open to anyone interested in enhancing their financial literacy, with a particular focus on those from underserved communities.

Program Duration

Length: 10-week session

Sessions: Four sessions annually, with each session consisting of weekly workshops of 2 hours each, alongside optional one-on-one financial counseling appointments.

Curriculum Components

Financial Basics Workshops: Covering foundational topics such as budgeting, saving, and understanding credit scores.

Debt Management Seminars: Strategies for managing and reducing debt, negotiating with creditors, and understanding loans.

Investment Education Classes: Basics of investing, including stocks, bonds, mutual funds, and retirement accounts.

Hands-On Budgeting Activities: Interactive sessions where participants create personal budgets and financial plans.

Guest Speakers: Financial professionals share insights on real-world financial management and investment strategies.

Instructional Staff

Certified Financial Educators: Experienced professionals trained in personal finance education lead the program.

Local Financial Advisors: Experts available for workshops and to provide personalized guidance during Q&A sessions.

Community Volunteers: Trained individuals assist in workshops and provide mentorship.



FINANCIAL LITERACY

Budget Breakdown

Total Cost: \$90,000

Resources: \$50,000

- **Educational Materials:** \$20,000 (handbooks, workbooks, and online resources)
- **Technology and Tools:** \$15,000 (software for budgeting simulations)
- **Marketing and Outreach:** \$15,000 (to reach communities effectively)

Administrative Costs: \$40,000

- **Salaries for Instructors:** \$25,000
- **Program Coordinators:** \$15,000 (management and logistical support)

Evaluation Methods

Pre- and Post-Session Assessments: Assess participants' financial knowledge and skills before and after the program.

Track Participation Metrics: Monitor attendance, engagement in workshops, and completion of assignments.

Participant Feedback: Collect feedback about the program's content, delivery, and overall impact through surveys.

Financial Goal Tracking: Encourage participants to set financial goals and track their progress, providing success stories for collective sharing.

The Financial Literacy Program represents a vital initiative to address the financial education gap in our community. By providing structured learning opportunities, expert instruction, and practical resources, we are committed to fostering financial empowerment and stability among participants. We seek the support of community partners and stakeholders to amplify our efforts and reach more individuals who can benefit from this program.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.

Community Impact

The Financial Literacy Program is poised to create a lasting positive impact on individuals and the community by:

- Increasing financial knowledge, empowering participants to make informed financial decisions.
- Reducing financial stress and anxiety by improving money management skills.
- Encouraging savings and responsible investment to build wealth over time.



EXPLORE

The World of the Arts

CREATIVE PROGRAMS LIKE VISUAL ARTS, GRAPHIC DESIGN, AND SPOKEN WORD BOOST ACADEMIC PERFORMANCE, ENHANCE PROBLEM-SOLVING SKILLS, AND PROMOTE MENTAL WELL-BEING, PREPARING STUDENTS FOR SUCCESS IN A DYNAMIC WORKFORCE.



Visual Arts

The Visual Arts program explores diverse mediums, including painting, drawing, and sculpture, while nurturing creativity and technical skills. Students engage in hands-on projects, build a comprehensive portfolio, and learn about art history and contemporary practices. The supportive environment encourages collaboration and community participation through exhibitions, preparing graduates for careers in various artistic fields or further studies.



Graphic Design

The Graphic Design program equips students with essential design principles and technical proficiency in digital tools to excel in visual communication. Through hands-on projects, participants will learn about branding, typography, and user experience across print and digital media. With mentorship from industry professionals and opportunities for collaboration, graduates will be prepared for careers in graphic design, advertising, or related fields.



Spoken Word

The Spoken Word program fosters artistic expression through poetry performance, helping participants develop their unique voice and narrative skills. Focused on writing, storytelling, and public speaking, students enhance their ability to engage and captivate audiences. Workshops provide feedback and support, while performance opportunities at local venues and competitions build confidence and stage presence, preparing graduates for careers in the arts, education, or advocacy.

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VISUAL ARTS



Creative programs like Visual Arts, Graphic Design, and Spoken Word boost academic performance, enhance problem-solving skills, and promote mental well-being, preparing students for success in a dynamic workforce.

The Visual Arts program enhances students' creativity and critical thinking, with research indicating that students involved in arts education score, on average, 100 points higher on standardized tests. This involvement is linked to increased emotional intelligence, fostering personal expression and community engagement.

Our Mission

Cultivate creativity and critical thinking through visual arts, empowering students to express themselves and engage meaningfully with their community.

Strategies

- ✓ Collaboration with Local Artists
- ✓ Community Art Projects
- ✓ Exhibition Opportunities
- ✓ Art Critique Sessions
- ✓ Integration of Technology
- ✓ Cross-Disciplinary Projects

Program Outcomes



Creative Expression: Students will express personal ideas through various visual art forms.



Technical Proficiency: Students will master skills in diverse art mediums.



Critical Analysis: Students will evaluate artistic choices in their work and others'.



Civic Engagement: Students will engage in community art initiatives.



Artistic Portfolio Development: Students will create a professional portfolio.



Artistic Portfolio Development: Students will create a professional portfolio.



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VISUAL ARTS

The Visual Arts Program is designed to nurture creativity and artistic expression among participants through a diverse curriculum focused on various art forms and techniques. Our mission is to make visual arts accessible to all, fostering appreciation, skill development, and personal growth. By providing a supportive environment, we aim to inspire individuals to explore their artistic potential and enhance their critical thinking through visual literacy.

Goals & Objectives

- ✓ **To Foster Creativity:** Encourage self-expression and innovation in art-making through various mediums.
- ✓ **To Develop Artistic Skills:** Equip participants with technical skills in drawing, painting, sculpture, and mixed media.
- ✓ **To Enhance Art Appreciation:** Cultivate an understanding of different art movements, styles, and cultural contexts.
- ✓ **To Build Community:** Create opportunities for collaboration and networking among emerging artists, educators, and community members.

Program Structure

Target Audience

Age Groups

- Children (grades 3-8)
- Teens (grades 9-12)
- Adults & Seniors (ages 18 +)

Participants: Open to beginners, intermediate, and advanced artists seeking to improve their skills or explore new mediums.

Program Duration

Length: 10-week session

Sessions: Four sessions annually, with each session consisting of weekly classes of 2 hours each, complemented by optional weekend workshops and special events.

Curriculum Components

Foundational Art Classes: Introduction to drawing, painting, and color theory.

Medium-Specific Workshops: Classes focused on specific mediums such as watercolor, acrylic, oil painting, ceramics, digital art, and printmaking.

Art History Lessons: Exploration of significant art movements, influential artists, and global art practices.

Portfolio Development: Guidance on creating and presenting a strong artistic portfolio for personal or professional use.

Exhibit Opportunities: Participants have the chance to showcase their work in community exhibitions, fostering a sense of accomplishment and community engagement.

Instructional Staff

Professional Artists: Experienced artists with strong teaching backgrounds lead the classes, bringing real-world insights to the curriculum.

Art Educators: Credentialed art teachers provide structured lessons and skill development.

Guest Artists: Local artists and art historians are invited to give lectures and demonstrations on various topics.



VISUAL ARTS

Budget Breakdown

Total Cost: \$90,000

Resources: \$45,000

- **Supplies and Materials:** \$25,000 (paints, canvases, clay, tools, and consumables)
- **Technology and Equipment:** \$10,000 (computers for digital art, projectors for presentations)
- **Marketing and Outreach:** \$10,000 (to promote program offerings to the community)

Administrative Costs: \$40,000

- **Salaries for Instructors:** \$30,000 (for part-time and guest instructors)
- **Program Coordinator:** \$10,000 (managing logistics and partnerships)

Evaluation Methods

Participant Surveys: Gather feedback on course content, instructor effectiveness, and overall satisfaction after each session.

Skill Assessments: Evaluate participants' progress through individual project reviews and skill demonstrations.

Art Exhibitions: Showcase participant work as both a form of evaluation and a celebration of their artistic journey.

Community Engagement Metrics: Monitor participation in events and workshops, focusing on building a vibrant arts community.

The Visual Arts Program offers a transformative opportunity for individuals to explore their artistic capabilities while enriching the community through creativity and cultural appreciation. By facilitating skill development, providing expert instruction, and encouraging artistic exploration, we aim to cultivate a thriving arts community. We invite community partners and stakeholders to collaborate with us in supporting this vital initiative.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Community Impact

The Visual Arts Program is dedicated to making a meaningful impact in the community by:

- Providing a creative outlet that can contribute to emotional and mental well-being.
- Enhancing cultural appreciation and understanding through art.
- Building a supportive network of artists and art lovers who foster collaboration and mentorship.

Together, we can make a profound difference in the lives of our community members.



GRAPHIC DESIGN

Explore diverse artistic mediums, develop technical skills, and create a portfolio while studying art history and engaging in community exhibitions.

The Graphic Design program equips students with vital technical skills, as studies show that 85% of employers prioritize creativity in hiring. By incorporating innovative problem-solving, this program prepares students for success in a digital economy and enhances their ability to communicate ideas effectively.

Our Mission

Empower students through spoken word, fostering self-expression, confidence, and empathy while cultivating critical communication skills for meaningful dialogue.

Strategies

- ✓ Industry Partnerships
- ✓ Portfolio Development Workshops
- ✓ Design Competitions
- ✓ Guest Lectures
- ✓ Critique and Feedback Cycles
- ✓ Diversity and Inclusion Initiatives

Program Outcomes



Design Fundamentals: Students will apply essential design principles.



Technological Proficiency: Students will use industry-standard graphic design software.



Client Engagement: Students will communicate effectively with clients.



Portfolio Readiness: Students will compile a comprehensive design portfolio.



Critical Thinking: Students will assess and provide constructive feedback on design work.



Awareness of Trends: Students will stay informed about current design trends.



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GRAPHIC DESIGN

The Graphic Design Program aims to provide individuals with the skills, knowledge, and creativity required to thrive in the ever-evolving field of graphic design. This program is strategically designed for diverse audiences, including students, professionals seeking to enhance their design capabilities, and hobbyists passionate about visual communication. By combining theoretical knowledge with practical applications, the program fosters critical thinking and design proficiency, paving the way for future career opportunities or personal projects.

Goals & Objectives

✓ To Cultivate Design Proficiency:

Equip participants with a solid understanding of design principles, tools, and techniques across various media.

✓ To Enhance Creative Thinking:

Encourage innovative approaches to problem-solving in design projects.

✓ To Build a Comprehensive

Portfolio: Assist participants in developing a professional portfolio that showcases their design work and creativity.

✓ To Foster Industry Readiness:

Prepare participants for potential careers in graphic design by exposing them to industry standards, processes, and tools.

Program Structure

Target Audience

Age Groups

- Children (grades 3-8)
- Teens (grades 9-12)
- Adults & Seniors (ages 18 +)

Participants: The program accommodates beginners to advanced designers looking to refine their skills or gain formal training.

Program Duration

Length: 10-week session

Sessions: Four sessions annually, with each session consisting of weekly classes of 2 hours each, complemented by optional weekend workshops and special events.

Curriculum Components

Fundamentals of Graphic Design: (1) Introduction to design principles (contrast, balance, alignment, proximity, etc.) (2) Overview of color theory, typography, and visual hierarchy.

Software Training: Hands-on tutorials on industry-standard software, including Adobe Photoshop, Illustrator, and InDesign.

Project-Based Learning: Participants complete various projects—branding, print design, web design, and digital illustrations—applying learned techniques to real-world scenarios.

Visual Communication and Branding: Understanding brand identity, logo design, and marketing materials.

Portfolio Development: Guidance on curating a professional design portfolio, including feedback and revisions.

Instructional Staff

Professional Graphic Designers: Seasoned designers from diverse backgrounds will lead the program, bringing a wealth of experience to the curriculum.

Guest Lecturers: Industry experts will share insights on trends, best practices, and career paths in graphic design.



GRAPHIC DESIGN

Budget Breakdown

Total Cost: \$95,000

Resources: \$50,000

- **Software Licenses:** \$25,000 (Adobe Creative Cloud subscriptions and other design software)
- **Hardware and Equipment:** \$15,000 (computers, graphic tablets, and printers)
- **Marketing and Outreach:** \$10,000 (targeted outreach to potential participants)

Administrative Costs: \$45,000

- **Salaries for Instructors:** \$35,000 (compensation for part-time instructors and guest speakers)
- **Program Coordinator:** \$10,000 (coordination of logistics and partnerships)

Evaluation Methods

Participant Surveys: Collect feedback on the curriculum effectiveness and instructor performance post-session.

Project Reviews: Regular assessments to evaluate participants' design projects, providing constructive feedback aimed at skill improvement.

Portfolio Reviews: Ongoing support in building portfolios, culminating in a final review that captures participants' growth.

Job Placement Assistance: Providing tools and resources for participants looking to enter the job market or freelance in graphic design.

The Graphic Design Program serves as a vital resource for individuals seeking to develop their design skills in a structured and supportive environment. By focusing on essential skills, creative exploration, and professional readiness, this program empowers participants to pursue their aspirations in the graphic design field. We invite community partners, organizations, and individuals to support and join us in this creative initiative.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.

Community Impact

The Graphic Design Program aims to create a significant impact in the community by:

- Providing training that aligns with industry needs, thereby enhancing employability.
- Encouraging creativity as a means of self-expression and problem-solving.
- Building connections between participants and local businesses for potential collaborations and opportunities.



SPOKEN WORD

Cultivate your voice through poetry and performance, enhancing writing and public speaking skills, with opportunities for local venues and competitions.

The Spoken Word program empowers students through self-expression, leading to a reported 30% increase in confidence among participants. It also enhances communication skills, with 92% of students stating they feel more capable of articulating their experiences, encouraging empathy and critical thought in their interactions.

Our Mission

Empower students through spoken word, fostering self-expression, confidence, and empathy while cultivating critical communication skills for meaningful dialogue.

Strategies

- ✓ Writing Workshops
- ✓ Open Mic Events
- ✓ Collaboration with Spoken Word Artist
- ✓ Thematic Poetry Slams
- ✓ Peer Feedback Groups
- ✓ Integration with Other Art Forms

Program Outcomes



Effective Communication Skills: Students will perform confidently in front of an audience.



Creative Writing Skills: Students will write original spoken word pieces.



Emotional Connection: Students will engage audiences with their performances.



Critical Feedback Application: Students will refine work through constructive feedback.



Cultural Awareness: Students will explore diverse themes in their work.



Community Engagement: Students will participate in spoken word events.



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SPOKEN WORD

The Spoken Word Program is dedicated to empowering individuals through the art of spoken word poetry. By providing a platform for self-expression, storytelling, and performance, the program encourages participants to explore their voices and share their unique perspectives on societal issues, personal experiences, and cultural narratives. This initiative aims to cultivate a vibrant community of poets and performers who embrace creativity, foster dialogue, and promote social change.

Goals & Objectives

- ✓ **To Enhance Creative Expression:** Facilitate participants in developing their poetic voices and enhancing their writing and performance skills.
- ✓ **To Promote Social Awareness:** Encourage examination and discussion of critical societal issues through the lens of personal and collective experiences.
- ✓ **To Build Confidence and Public Speaking Skills:** Help participants overcome performance anxiety and become effective communicators in front of an audience.
- ✓ **To Create a Supportive Community:** Establish a nurturing environment where participants can share their work, collaborate, and receive constructive feedback.

Program Structure

Target Audience

Age Groups

- Children (grades 3-8)
- Teens (grades 9-12)
- Adults & Seniors (ages 18+)

Participants: Open to individuals with varying levels of experience, from complete novices to seasoned poets looking to refine their skills.

Program Duration

Length: 10-week session

Sessions: Four sessions annually, with each consisting of weekly workshops lasting 2 hours, alongside optional open mic events every month.

Curriculum Components

Writing Workshops: (1) Regular writing exercises to explore themes, structures, and styles of spoken word poetry. (2) Techniques for editing and refining spoken word pieces to enhance impact.

Performance Training: (1) Tips and strategies for effective performance, including voice modulation, presence, and audience engagement.

(2) Opportunities for participants to practice in a safe environment, receiving feedback from peers and instructors.

Thematic Discussions: (1) Focus on various topics (identity, love, social justice, mental health) to inspire participants' writing. (2) Conversations on the role of spoken word in activism and cultural expression.

Showcasing Talent: Organization of bi-monthly open mic nights and culminating in a final showcase event where participants present their work to the public.

Instructional Staff

Experienced Spoken Word Artists: Leading facilitators are established spoken word poets with a strong performance background, providing real-world insights and mentorship.

Guest Speakers: Renowned poets and activists will be invited to share their experiences and tips, enriching the learning process.



SPOKEN WORD

Budget Breakdown

Total Cost: \$70,000

Resources: \$30,000

- **Writing Materials:** \$5,000 (notebooks, pens, and printing costs for performance materials)
- **Event Costs:** \$10,000 (venue rentals for showcases, sound equipment, and refreshments)
- **Marketing and Outreach:** \$15,000 (promoting the program through social media and community outreach)

Administrative Costs: \$40,000

- **Salaries for Instructors:** \$30,000 (for part-time instructors and guest facilitators)
- **Program Coordinator:** \$10,000 (for the administration and organization of events and workshops)

Evaluation Methods

Participant Feedback Surveys: Regular collection of feedback to assess the effectiveness of workshops, instructors, and program structure.

Performance Assessments: Evaluation of participant progress through live performances and constructive critique.

Portfolio Development: Guidance on creating a collection of their spoken word pieces for future opportunities or publication.

Community Engagement Metrics: Tracking attendance to events and participation in open mics and showcases to ensure the program resonates with the community.

The Spoken Word Program is committed to nurturing the creativity and self-expression of individuals through the compelling medium of spoken word poetry. By providing training, community support, and opportunities for performance, we aim to empower participants to find their voices and share their stories. We invite community members, local organizations, and businesses to support this vital initiative and help foster a culture of creative expression.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.

Community Impact

The Spoken Word Program strives to make a meaningful contribution to the community by:

- Providing a platform for marginalized voices to be heard and validated.
- Encouraging dialogue around pressing social issues through artistic expression and storytelling.
- Building a communal environment that fosters creative collaborations and mentorship.



EXPLORE

The World of Technology

EMPOWERING 80% OF STUDENTS IN S.T.E.A.M. FIELDS, BOOSTING SMALL BUSINESSES' VISIBILITY BY 70%, AND INCREASING SOCIAL MEDIA ENGAGEMENT BY 60%, WE TRANSFORM COMMUNITIES THROUGH INNOVATION AND GROWTH.



S.T.E.A.M.

The S.T.E.A.M. program integrates Science, Technology, Engineering, Arts, and Mathematics to foster innovation and critical thinking. Through hands-on projects and collaborative learning, students tackle real-world challenges by combining creativity with technical skills. This interdisciplinary approach empowers learners to develop solutions and thrive in diverse fields, preparing them for future careers as innovative creators and problem-solvers.



Small Business Marketing

The Small Business Marketing program equips entrepreneurs with essential skills to promote their offerings effectively. Participants will learn about market research, branding, and digital marketing strategies tailored to small businesses. Through practical workshops and case studies, students will develop customized marketing plans that enhance visibility and drive sales, fostering sustainable growth and strong customer relationships for their ventures.



Social Media Training

The Social Media Training program empowers individuals and businesses to effectively leverage social media for engagement and communication. Participants will learn to craft compelling content, utilize various platforms, and analyze metrics for audience growth. Emphasizing best practices for brand awareness and community-building, this training equips attendees with the strategies needed to navigate the ever-evolving social media landscape confidently.

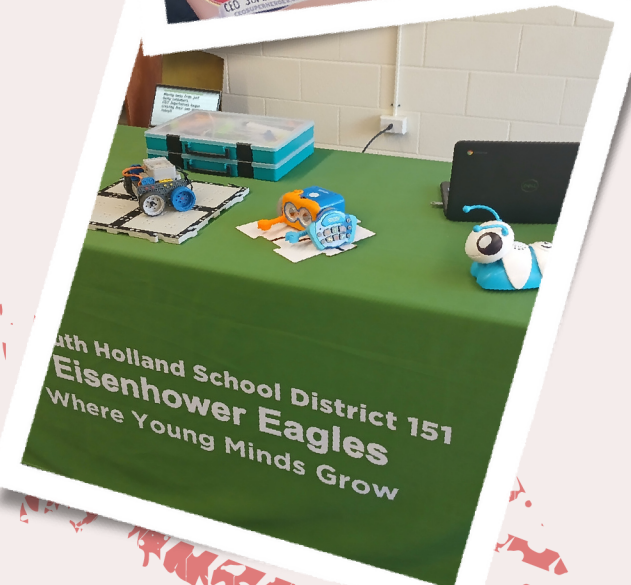
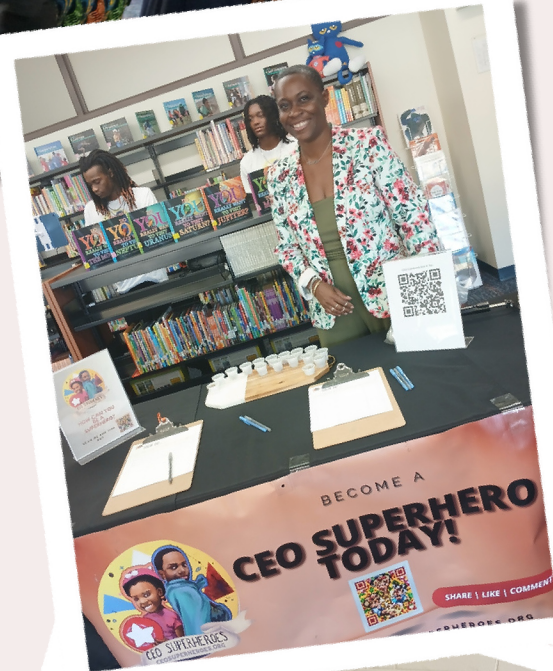
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S.T.E.A.M.

Our S.T.E.A.M. program positively impacts a significant number of students, with many expressing heightened interest in STEM careers and successfully completing engaging projects that foster essential skills.

Nationally, participation in S.T.E.A.M. programs has surged by 30% over the past five years, with studies indicating that students involved in such initiatives are 50% more likely to pursue careers in STEM fields compared to their peers.

Our Mission

Empower students with hands-on projects that blend Science, Technology, Engineering, Arts, and Mathematics, fostering creativity and problem-solving skills for real-world challenges.

Strategies

- ✓ Interactive Learning Kits
- ✓ Industry Mentorship Programs
- ✓ Creative Science Fairs
- ✓ Fun Teacher Workshops
- ✓ Diversity Outreach Programs
- ✓ Progress Tracking Games

Program Outcomes



Increased Engagement: Heightened interest in S.T.E.A.M. subjects and activities.



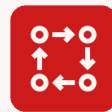
Enhanced Problem-Solving Skills: Improved critical thinking through project completion.



Improved Collaboration: Enhanced teamwork skills through group projects.



Career Awareness: Greater understanding of S.T.E.A.M. career paths.



Skill Development: Advanced technical skills in coding and design.



Community Involvement: Greater community participation in S.T.E.A.M. events.



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S.T.E.A.M.

The S.T.E.A.M. Program (Science, Technology, Engineering, Arts, and Mathematics) is designed to foster interdisciplinary learning and creativity by integrating these vital fields into a cohesive educational framework. Our program aims to inspire students to develop critical thinking, problem-solving skills, and creativity, preparing them for future careers in an increasingly complex and interconnected world. By highlighting the importance of both the sciences and the arts, we equip students with a well-rounded skill set conducive to innovation.

Goals & Objectives

- ✓ **To Promote Interdisciplinary Learning:** Encourage students to make connections between different subject areas, enhancing overall comprehension and application of knowledge.
- ✓ **To Inspire Creativity and Innovation:** Stimulate creative thinking through artistic expression and engineering design, fostering a passion for inquiry and exploration.
- ✓ **To Build Critical Skills for the Future:** Equip students with essential competencies such as collaboration, communication, and analytical thinking necessary in modern careers.
- ✓ **To Engage with the Community:** Build partnerships with local organizations and businesses, providing real-world context and applications for student projects.

Program Structure

Target Audience

Age Groups

- Children (grades 2-8)
- Teens (grades 9-12)

Participants: Open to students with varying levels of experience in the S.T.E.A.M. sectors, emphasizing inclusion and accessibility for all abilities.

Program Duration

Length: 12-month program segmented into seasonal workshops

Sessions: Four seasonal workshops (Winter, Spring, Summer, and Fall), each lasting 8 weeks, with Sunday afternoon classes of 3 hours.

Curriculum Components

Project-Based Learning: Hands-on projects that require students to apply principles from all five areas of S.T.E.A.M., such as designing eco-friendly shelters or creating digital art installations.

Thematic Units: Each season focuses on various themes (climate change, health innovations, cultural exploration) to guide interdisciplinary projects and discussions.

Creative Arts Integration: Emphasizing the role of the arts in scientific and technological inventions through music, visual arts, and performing arts to inspire creativity in innovation.

Industry Partnerships: Collaborations with local businesses and experts in S.T.E.A.M. fields for guest lectures, workshops, and mentorship opportunities.

Instructional Staff

Certified Educators: Qualified educators with expertise in S.T.E.A.M. disciplines will lead the program, ensuring adherence to educational standards while promoting creativity.

Guest Experts: Professionals from local industries will conduct workshops and share insights and experiences, helping students understand career pathways.



S.T.E.A.M.

Budget Breakdown

Total Cost: \$100,000

Resources: \$50,000

- **Materials and Supplies:** \$20,000 (tools, equipment, and art supplies)
- **Technology Access:** \$15,000 (computers, software licenses, and online resources)
- **Marketing and Outreach:** \$15,000 (promoting the program and recruiting participants)

Administrative Costs: \$50,000

- **Salaries for Instructors and Guest Speakers:** \$35,000
- **Program Coordinator & Support Staff:** \$15,000

Evaluation Methods

Participant Surveys: Gathering feedback on workshop effectiveness, instructor performance, and overall program satisfaction.

Project Assessments: Evaluations of student projects based on creativity, application of S.T.E.A.M. concepts, and teamwork.

Portfolio Development: Students will compile a portfolio of their work over the year, demonstrating their skills and creativity.

Community Engagement Metrics: Tracking partnerships with local businesses and community involvement in S.T.E.A.M. projects.

The S.T.E.A.M. Program champions creativity and innovation, fostering a generation of thinkers and problem-solvers ready to tackle the challenges of the future. By integrating science, technology, engineering, arts, and mathematics into a single, cohesive educational experience, we equip students with the essential skills for success. We encourage parents, educators, and local organizations to join us in supporting this initiative and nurturing the next generation of creative leaders.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.

Community Impact

The S.T.E.A.M. Program aims to create a positive impact in the community by:

- Engaging students in meaningful ways that connect academic lessons to real-world applications.
- Fostering local partnerships that enrich student learning and pave the way for career opportunities.
- Encouraging diversity in S.T.E.A.M. fields through inclusive practices and outreach to underrepresented groups.



MARKETING

The Small Business Marketing program provides valuable support to numerous entrepreneurs, resulting in substantial increases in sales and improved brand visibility and customer engagement.

According to recent data, small businesses that engage in targeted marketing programs have seen an average revenue increase of 45%, with 65% of participants reporting improved customer retention and engagement over the last three years.

Our Mission

To equip entrepreneurs with effective marketing strategies and tools that enhance visibility, drive sales, and promote sustainable growth for their small businesses.

Strategies

- ✓ Workshops and Seminars
- ✓ Marketing Resource Hub
- ✓ Networking Opportunities
- ✓ In-Depth Assessment Tools
- ✓ Social Media Campaigns
- ✓ Follow-up Support

Program Outcomes



Increased Marketing Knowledge: Improved understanding of marketing concepts.



Enhanced Online Presence: Boosted social media engagement and website traffic.



Improved Branding: Developed cohesive branding strategies.



Stronger Networking Connections: Expanded professional networks.



Increased Sales Revenue: Higher customer engagement and sales.



Sustained Marketing Efforts: Ability to execute ongoing marketing strategies.



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MARKETING

Strategic Growth and Community Engagement

The Marketing Program is designed to enhance the visibility and outreach of our organization through a comprehensive set of strategies aimed at promoting our services and engaging with the community. By implementing a data-driven approach and leveraging social media, email campaigns, and community partnerships, the program seeks to not only boost brand awareness but also drive participation and support for our initiatives. Our goal is to create lasting connections with our stakeholders while promoting our mission and values.

Goals & Objectives

- ✓ **To Increase Brand Awareness:**
Develop a recognizable brand presence within the community and beyond through targeted marketing strategies.
- ✓ **To Drive Participation and Engagement:** Encourage local attendance at events, programs, and initiatives through compelling messaging and outreach.
- ✓ **To Build Strong Community Relationships:** Foster partnerships with local organizations, businesses, and influencers to enhance program visibility and resources.
- ✓ **To Utilize Data-Driven Insights:**
Implement analytics to inform decision-making and optimize marketing efforts based on audience engagement and feedback.

Program Structure

Target Audience

Demographics

- Families with children participating in community programs.
- Young adults seeking educational and engagement opportunities.
- Local businesses and organizations interested in partnerships.

Program Duration

Length: Ongoing program with quarterly campaigns and annual reviews to assess effectiveness and update strategies.

Marketing Channels

Social Media Strategy: (1) Establish a strong presence across platforms such as Facebook, Instagram, and Twitter to share updates, success stories, and program highlights. (2) Use targeted advertisements to reach specific demographics and promote upcoming events. (3) Engagement through interactive content, such as polls, quizzes, and challenges.

Email Marketing Campaigns: (1) Regular newsletters to update subscribers about upcoming events, initiatives, and success stories. (2) Segment audience lists to tailor messages for different target groups.

Content Marketing: (1) Develop a blog or resource section on the website to provide valuable content related to our programs, community impact stories, and educational materials.

(2) Utilizing SEO best practices to increase organic traffic to our site.

Community Engagement Initiatives: Collaborate with local businesses for cross-promotions, co-hosted events, and shared resources.



MARKETING

Budget Breakdown

Total Cost: \$50,000

Advertising and Promotion: \$20,000

- **Social Media Advertising:** \$10,000
- **Print Materials (flyers, posters, brochures):** \$5,000
- **Online Content Creation:** \$5,000

Personnel Costs: \$25,000

- **Salaries for Marketing Coordinator and part-time staff:** \$20,000
- **Consultant fees for specialized marketing strategies:** \$5,000

Community Engagement Initiatives: \$5,000

- **Event costs for community outreach programs:** \$5,000

Evaluation Methods

Analytics Tracking: Use tools such as Google Analytics and social media insights to monitor online engagement, traffic, and demographics.

Feedback Collection: Implement post-event surveys to gather participant feedback regarding marketing efforts and overall satisfaction.

Engagement Metrics: Assess the effectiveness of community partnerships through attendance at co-hosted events and shared program participation.

Quarterly Reviews: Conduct regular assessments of marketing strategies to identify successful tactics and areas for improvement.

The Marketing Program plays a crucial role in supporting our organization's mission by amplifying our message and engaging with the community effectively. Through a holistic approach encompassing various marketing channels, we can develop lasting relationships with stakeholders, drive participation, and foster a vibrant community. We invite local businesses, community leaders, and residents to join us in this endeavor as we work together to strengthen our outreach and impact.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Community Impact

The Marketing Program is committed to fostering a positive impact within the community by:

- Enhancing accessibility to information about our services and events, ensuring inclusivity for all community members.
- Building a network of local partnerships that enrich programming and extend outreach.
- Creating a sense of belonging and community spirit by bringing individuals together for shared experiences and educational opportunities.

Together, we can make a profound difference in the lives of our community members.





Through our Social Media Training program, participants will experience a notable growth in online engagement and audience reach, enhancing their ability to connect with their communities effectively.

Nationally, businesses that utilize social media training report a 70% increase in online engagement and a 60% growth in customer interaction, highlighting the effectiveness of such programs in enhancing digital presence.

Our Mission

To help individuals and businesses maximize their social media presence by teaching effective content creation, platform utilization, and audience engagement strategies.

Strategies

- ✓ Comprehensive Curriculum
- ✓ Hand-on Workshops
- ✓ Guest Speaker Series
- ✓ Mentorship Programs
- ✓ Targeted Feedback Mechanisms
- ✓ Performance Tracking Tools

Program Outcomes



Enhanced Content Creation Skills:

Improved engagement on social media posts.



Greater Platform Proficiency: Effective use of various social media platforms.



Improved Analytical Skills: Ability to interpret social media metrics.



Increased Brand Awareness: Higher visibility and follower growth.



Effective Campaign Execution: Successful launch of targeted campaigns.



Stronger Community Engagement:

Increased interaction with audiences online.



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SOCIAL MEDIA

Engaging Our Audience and Building Community

The Social Media Program is designed to bolster our online presence and foster engagement with our diverse audience. By leveraging various social media platforms, we aim to promote our initiatives, share valuable content, and connect with both existing and potential participants. This program focuses on enhancing communication, fostering community, and building brand loyalty through strategic content creation and audience interaction. Ultimately, our goal is to utilize social media as a powerful tool for outreach, education, and community-building.

Goals & Objectives

- ✓ **To Increase Audience Engagement:** Create interactive and engaging content that resonates with our audience, prompting participation and sharing.
- ✓ **To Enhance Brand Awareness:** Establish a consistent and recognizable online presence that reflects our mission and values across multiple platforms.
- ✓ **To Promote Programs and Events:** Utilize social media to drive attendance and participation in our initiatives through timely and compelling promotions.
- ✓ **To Foster Community Connections:** Build relationships with our audience by responding to inquiries, encouraging dialogue, and sharing user-generated content.

Program Structure

Target Audience

Demographics

- Families with children participating in community activities.
- Young adults interested in educational opportunities and community involvement.
- Local businesses and organizations looking to partner with us.
- Community influencers and advocates who can help amplify our message.

Program Duration

Length: Ongoing with a consistent review and adaptation of strategies on a quarterly basis based on performance analytics.

Social Media Channels

Platforms:

- **Facebook:** Utilize for event promotion, community building, and information sharing.
- **Instagram:** Focus on visual content, including photos and stories that highlight our programs and community impact.
- **Twitter:** Use for real-time updates, engagement during events, and connecting with the local community and influencers.
- **LinkedIn:** Promote professional partnerships, job opportunities, and networking events within our community.

Content Strategy

Content Types:

- **Regular Posts:** Share updates about programs, events, and initiatives, including success stories and testimonials.
- **Visual Content:** Use high-quality images and videos that showcase our activities and participants in action, inspiring interest and engagement.
- **Interactive Content:** Include polls, quizzes, questions, and challenges to encourage audience interaction and feedback.
- **Live Events:** Host live sessions for Q&As, workshops, or special announcements to connect directly with our audience in real-time.

Content Calendar: Develop a monthly calendar to schedule and coordinate posts across platforms, ensuring a consistent and strategic approach to content delivery.



SOCIAL MEDIA

Budget Breakdown

Total Cost: \$35,000

Content Creation and Management: \$15,000

- **Graphic design and video production:** \$7,500
- **Social media management tools and subscriptions:** \$5,000
- **Training and development for staff on social media best practices:** \$2,500

Advertising and Boosted Posts: \$10,000

- Facebook and Instagram ad campaigns to reach targeted demographics and promote events: \$8,000
- Sponsored content and collaborations with local influencers: \$2,000

Monitoring and Analytics Tools: \$5,000

- Software for tracking engagement, audience growth, and performance metrics: \$5,000

Evaluation Methods

Engagement Metrics: Analyze likes, shares, comments, and overall reach of posts to assess audience interaction and interest.

Follower Growth: Track the increase in followers on each platform to measure brand visibility and recognition.

Performance Analytics: Utilize built-in platform analytics and third-party tools to evaluate the effectiveness of campaigns and content types.

Audience Feedback: Conduct surveys and encourage direct feedback through social media to gain insights into audience preferences and content effectiveness.

The Social Media Program is integral to our outreach efforts, serving as an engaging platform for connecting with the community, promoting initiatives, and building brand recognition. Through dedicated content creation, strategic audience engagement, and consistent evaluation, we can foster an active online presence that strengthens community bonds and drives participation in our programs. We invite local businesses, community members, and stakeholders to engage with us on social media and help spread our message.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Community Impact

The Social Media Program aims to positively impact the community by:

- Facilitating communication and increasing access to information about our programs and events, enhancing participation rates.
- Creating a vibrant online community where individuals and families can connect, share experiences, and support one another.
- Highlighting community initiatives and partnerships that foster collaboration, connection, and shared goals within the local area.

Together, we can make a profound difference in the lives of our community members.



EXPLORE

The World of Housing

THE HOUSING PROGRAM AIMS TO PROVIDE STABLE, AFFORDABLE HOUSING SOLUTIONS THAT EMPOWER LOW-INCOME FAMILIES, PARTICULARLY WITHIN THE BLACK AND HISPANIC COMMUNITIES IN CHICAGO. BY ADDRESSING HOMELESSNESS AND HOUSING INSECURITY, THIS INITIATIVE WILL LAY THE FOUNDATION FOR IMPROVED HEALTH, EDUCATION, AND ECONOMIC OUTCOMES, FOSTERING SELF-SUFFICIENCY AND COMMUNITY RESILIENCE.



Housing

Our housing program will facilitate access to affordable rental units, provide financial education to families about budgeting and home ownership, and create supportive services to ensure lasting success. Through partnerships with existing housing organizations, local businesses, and government agencies, we will develop a comprehensive approach that not only provides immediate housing solutions but also equips residents with the resources and skills they need to thrive.

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HOUSING

Our housing program provides affordable rentals, financial education, and support services to empower low-income families, fostering stability and community resilience through local partnerships.

In Chicago, over 20% of low-income families experience housing instability, with many spending more than 30% of their income on rent, significantly impacting their overall well-being and economic mobility.

Our Mission

Empower low-income families with access to secure, affordable housing, while providing the education and support needed to cultivate long-term stability and community engagement.

Strategies

- ✓ Affordable Housing Development
- ✓ Financial Literacy Workshops
- ✓ Workforce Development Programs
- ✓ Comprehensive Support Services
- ✓ Community Engagement Initiatives
- ✓ Sustainable Living Education

Program Outcomes



Increased Housing Stability: Reduce family housing insecurity by 30% within three years.



Improved Financial Literacy: 75% of participants demonstrate increased budgeting knowledge after workshops.



Enhanced Employment Opportunities: Achieve a 60% job placement rate for workforce development participants.



Community Participation: Increase involvement in housing initiatives by 40% through engagement programs.



Sustainable Housing Practices: Achieve a 20% reduction in energy costs for families through sustainable living education.



Long-term Success: Ensure 80% of families maintain stable housing for three years post-program.



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HOUSING

Creating Stable Communities and Empowering Lives

The Housing Program is a comprehensive initiative focused on providing sustainable housing solutions for underserved communities. Our mission is to ensure that every individual and family has access to safe, affordable, and stable housing. Through a multi-faceted approach, including direct housing assistance, education, and community partnerships, the program aims to empower individuals, enhance community stability, and foster inclusive neighborhoods.

Goals & Objectives

✓ To Provide Safe and Affordable

Housing: Increase access to affordable housing options for low-income families and individuals.

✓ To Foster Economic Stability:

Equip participants with the skills and resources necessary to achieve financial independence and stability through housing stability.

✓ To Enhance Community

Engagement: Foster a sense of community through partnerships, workshops, and local initiatives that promote neighborhood cohesion.

✓ To Measure Impact and

Improve Services: Continuously assess the effectiveness of the program and gather feedback to enhance service delivery and outreach.

Program Structure

Target Audience

Demographics

- Low-income families and individuals in need of affordable housing.
- Individuals facing homelessness or housing instability.
- First-time homebuyers seeking educational resources and financial assistance.

Core Components

Housing Assistance:

- **Rental Assistance:** Provide direct financial assistance to eligible families and individuals to help pay rent and prevent homelessness.
- **Homeownership Support:** Offer down payment assistance, access to affordable mortgage options, and financial counseling for first-time buyers.

Educational Workshops:

- Conduct workshops on financial literacy, budgeting, and credit improvement to empower individuals to make informed housing decisions.
- Host homebuyer education classes that cover the process of purchasing a home, financial planning, and maintaining homeownership.

Community Building Initiatives:

- Implement neighborhood improvement projects that involve community members in beautification efforts and community safety initiatives.
- Facilitate community events and gatherings to encourage interaction and strengthen social ties among residents.

Partnerships and Collaborations

Local Government Agencies: Collaborate with city and county officials to streamline housing assistance processes and advocate for policy changes that support affordable housing.

Nonprofit Organizations: Partner with local nonprofits focusing on homelessness prevention, financial literacy, and community development to maximize resources and impact.

Faith-Based Organizations: Engage with religious institutions to reach vulnerable populations and provide support.



HOUSING

Budget Breakdown

Total Cost: \$500,000

Housing Assistance Fund: \$250,000

- **Direct Rental Assistance:** \$150,000
- To provide financial support for low-income families facing temporary housing instability and prevent eviction.

Down Payment Assistance for Homebuyers: \$100,000

- To assist first-time homebuyers in covering down payments, making homeownership more accessible.

Educational Programs and Workshops: \$100,000

- **Materials and Supplies for Workshops:** \$15,000
 - For printed materials, resources, and workshop kits to facilitate effective learning.
- **Facilitator Fees and Guest Speakers:** \$60,000
 - Compensation for industry professionals, financial coaches, and housing counselors to lead workshops.
- **Costs for Community Events:** \$25,000
 - Expenses associated with organizing community outreach events, including venues, food, and promotional activities.

Administrative and Operational Expenses: \$150,000

- **Staff Salaries for Program Coordinators and Support Staff:** \$100,000
 - To fund salaries and benefits for essential staff overseeing program implementation and participant support.
- **Marketing and Outreach Materials:** \$25,000
 - Expenses related to promoting the program, including digital marketing campaigns, brochures, and flyers.

Technology and Resource Management: \$25,000

- Investment in software tools, platforms for record-keeping and data tracking, and continuous improvement of program management processes.

This budget allocation ensures a comprehensive approach to addressing housing needs, empowering participants through education, and maintaining robust program management for long-term impact. Through effective financial stewardship, we aim to maximize our outreach and significantly contribute to the community's housing stability and overall well-being.



HOUSING

Evaluation Methods

Participant Surveys: Conduct pre- and post-program surveys to assess changes in knowledge, attitudes, and behaviors regarding housing and financial literacy.

Program Performance Metrics: Track the number of individuals and families served, rental assistance provided, and successful transitions to homeownership.

Community Feedback: Gather qualitative feedback through focus groups and community meetings to identify areas for improvement and success stories.

Annual Review: Conduct an annual review of program impact to adjust strategies, allocate resources effectively, and highlight successes for stakeholders.

Community Impact

The Housing Program is dedicated to creating a lasting impact in the community by:

- Reducing homelessness and housing instability through direct assistance and support.
- Empowering individuals and families with the financial literacy and resources they need to achieve housing security.
- Strengthening neighborhoods by fostering communal ties and participation in regional development.

The Housing Program is a vital element of our commitment to building strong, stable communities. By addressing the immediate need for affordable housing and equipping individuals with tools for financial well-being, we can contribute to the long-term stability of families and neighborhoods. We invite stakeholders, partners, and community members to support our efforts in making safe and affordable housing accessible to all.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.



EXPLORE

The World of Mental Health

COMBINING GROUP THERAPY, REIKI, AND SOUND THERAPY ADDRESSES MENTAL HEALTH NEEDS OF INNER-CITY YOUTH, PROMOTING RESILIENCE AND EMOTIONAL WELL-BEING, CRUCIAL FOR THOSE FACING HIGH STRESS AND TRAUMA.



Group Therapy

Our group therapy program offers low-income youth a safe space to explore emotions and experiences related to trauma and stress. Led by licensed therapists, weekly sessions include guided discussions, creative expression, and skill-building workshops focusing on coping strategies. By fostering peer connections and encouraging dialogue, participants will develop resilience, improve self-esteem, and cultivate healthier relationships.



Reiki Therapy

Our Reiki program provides low-income youth with an alternative healing experience to promote relaxation and emotional balance. Over six weekly sessions, certified practitioners will guide participants through energy healing practices, focusing on alleviating anxiety and fostering emotional well-being. Each session will include discussions about energy awareness, empowering youth to incorporate self-care strategies into their lives for stress relief.



Sound Therapy

Our sound therapy program introduces low-income youth to the healing power of sound. Each weekly session will utilize singing bowls, tuning forks, and vocal toning to create a calming environment that promotes mindfulness and relaxation. Led by trained sound therapists, participants will engage in group listening experiences, learning how sound can enhance emotional well-being and foster resilience through holistic practices.

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GROUP THERAPY

This program provides a supportive environment where youth engage in guided discussions and activities, fostering emotional regulation, social connections, and effective communication skills.

Group Therapy provides a supportive environment for inner-city youth to connect and share their experiences, fostering resilience and teaching essential coping strategies. Research shows that group therapy can reduce symptoms of anxiety and depression by up to 50%, particularly in young individuals facing trauma, enhancing their emotional well-being and social connections.

Our Mission

Empowering inner-city youth through shared experiences, fostering resilience, and promoting emotional well-being in a supportive group environment that cultivates connection and healing.

Strategies

- ✓ Structured Sessions
- ✓ Trained Facilitators
- ✓ Peer Mentorship
- ✓ Thematic Workshops
- ✓ Family Involvement
- ✓ Community Partnerships

Program Outcomes



Improved Emotional Regulation:

Enhanced ability to manage emotions and reduced anxiety.



Increased Social Connections: Formation of meaningful peer relationships.



Enhanced Coping Skills: Development of healthier stress management strategies.



Strengthened Communication Skills: Improved interpersonal expression and conflict resolution.



Greater Self-Esteem: Boosted confidence through shared experiences.



Reduction in Behavioral Issues:

Decreased disruptive behaviors in daily life.



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GROUP THERAPY

The Group Therapy Program is designed to provide a safe and supportive environment where individuals can explore their feelings, improve emotional regulation, and develop essential social skills. The program aims to promote mental well-being through structured discussions, exercises, and peer interactions. By working together in a group setting, participants can share experiences, learn from one another, and gain valuable insights into their emotions and behaviors.

Goals & Objectives

- ✓ **Emotional Regulation:** Teach participants techniques for managing their emotions effectively, leading to reduced anxiety and improved mental health.
- ✓ **Social Connection:** Foster meaningful relationships among peers to combat feelings of isolation and loneliness, promoting a sense of belonging.
- ✓ **Coping Skills Development:** Equip participants with healthy coping mechanisms to handle stress, difficult situations, and life transitions.
- ✓ **Communication Skills:** Enhance interpersonal skills, enabling participants to express themselves clearly and resolve conflicts constructively.
- ✓ **Self-Esteem Boost:** Facilitate confidence building through group discussions and positive feedback, encouraging youth to embrace their individuality.
- ✓ **Behavioral Improvement:** Address and reduce disruptive behaviors that may hinder personal growth and social interactions.

Program Structure

Target Audience

The program targets youth aged 12 to 18, including those experiencing anxiety, depression, social challenges, or those in need of emotional support and development. The group is capped at 12 participants to ensure adequate interaction and personalized attention.

Program Duration

Length: The program spans 10 weeks, with weekly sessions lasting 90 minutes.

Each session incorporates structured activities, discussions, and reflections that build on the previous week's lessons.

Core Components

Emotional Awareness: Facilitating understanding and identification of personal emotions and their triggers.

Emotional Regulation: Teaching techniques to manage and express emotions effectively in different situations.

Social Skills Development: Fostering communication abilities, active listening, and empathy through group interactions.

Coping Mechanisms: Introducing and practicing healthy coping strategies to handle challenges, stressors, and transitions.

Conflict Resolution: Equipping participants with skills to navigate and resolve interpersonal conflicts constructively.

Self-Esteem Building: Encouraging self-awareness and self-acceptance, celebrating strengths, and promoting confidence.

Mindfulness Practices: Introducing mindfulness and relaxation techniques to help manage anxiety and stress.

Instructional Staff

The program will be facilitated by a licensed therapist specializing in youth mental health and group dynamics. Additional support may include trained volunteers or interns for group supervision and assistance with activities.



GROUP THERAPY

Budget Breakdown

Total Cost: \$6,800

Facilitator Salary: \$3,000

- 10 sessions per quarter (40 sessions annually) @ \$75 per session

Materials and Supplies: \$1,000

- Journals, art supplies, and related materials (estimated \$250 per quarter)

Venue Rental: \$1,200

- Rental cost for a suitable space (estimated \$300 per quarter)

Marketing and Outreach: \$400

- Promotional materials and community outreach efforts (estimated \$100 per quarter)

Refreshments for Participants: \$400

- Snacks and beverages for sessions (estimated \$100 per quarter)

Evaluation Tools: \$400

- Surveys and feedback forms for assessment (estimated \$100 per quarter)

Evaluation Methods

Pre and Post-Program Surveys: Measure emotional regulation, communication skills, and self-esteem pre and post-program.

Participant Feedback: Regular verbal and written feedback to assess session effectiveness.

Facilitator Observations: Ongoing assessment of group dynamics and individual participation.

Follow-Up Sessions: Optional follow-up discussions to track continued progress and difficulties.

The Group Therapy Program for Youth stands as an essential resource for promoting emotional and social development. By equipping participants with practical tools to navigate their feelings and form positive relationships, the program enhances overall mental health and well-being. Participants will leave with strengthened connections, increased self-awareness, and a toolkit of skills to manage life's various challenges. Through collaboration and community engagement, the program aims to foster a supportive atmosphere where youth can thrive.

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Together, we can make a profound difference in the lives of our community members.

Community Impact

This program aims to improve the mental health of youth, fostering a supportive community environment.

- By equipping participants with essential skills, it will promote better social interactions and emotional resilience, potentially reducing stigmas around mental health issues.
- Community outreach efforts will encourage more families to seek support for their children.





REIKI

Reiki sessions focus on energy healing, promoting relaxation and stress relief. Participants enhance their emotional well-being and mindfulness while gaining insights into their personal wellness journeys.

Reiki offers a holistic healing approach that promotes emotional well-being among inner-city youth. A study found that Reiki can reduce stress levels by 80%, helping participants manage daily pressures and cultivate resilience, which is vital for their overall development and mental health.

Our Mission

Promoting holistic healing for inner-city youth through Reiki, enhancing emotional wellness and resilience by reducing stress and encouraging inner peace in a nurturing space.

Strategies

- ✓ Training Programs
- ✓ Individual Sessions
- ✓ Workshops and Demonstrations
- ✓ Integration with Other Therapies
- ✓ Safe Environment Creation
- ✓ Feedback Mechanisms

Program Outcomes



Stress Reduction: Decreased stress levels and greater calmness.



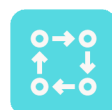
Enhanced Mood: Improved overall emotional well-being.



Increased Mindfulness: Higher levels of present-moment awareness.



Improved Sleep Quality: Better sleep patterns and restfulness.



Empowerment through Healing: Greater understanding of personal wellness.



Positive Peer Interactions: Improved social dynamics among participants.



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REIKI

Reiki is a holistic healing practice rooted in Japanese tradition that involves the transfer of universal energy through lightly placed hands. This practice promotes relaxation, reduces stress and anxiety, and fosters emotional healing. Participants in a Reiki program can expect to enhance their overall wellbeing through guided sessions led by certified practitioners.

Primary Goals

- ✓ **Promote Relaxation and Stress**
Relief: Provide participants with tools to manage stress and promote relaxation through guided Reiki sessions.
- ✓ **Enhance Emotional Wellbeing:**
Support participants in emotional healing processes, helping to address past traumas and present challenges.
- ✓ **Foster Community Connection:**
Create a safe and supportive environment where participants can connect with others on their healing journey.

Objectives

- ✓ Conduct a series of 12 weekly Reiki sessions to establish a consistent practice and witness tangible benefits.
- ✓ Offer supplementary workshops focused on self-Reiki techniques, mindfulness practices, and stress management strategies.
- ✓ Facilitate group discussions after sessions to encourage sharing, reflection, and support among participants.

Program Structure

Program Duration

Length: 12 weeks

Duration: 1.5 hours each

Format:

- 30 minutes: Introduction and group sharing
- 60 minutes: Guided Reiki session (participants will lie on mats or sit comfortably while the practitioner provides hands-on or hands-off healing)
- 30 minutes: Closing meditation and reflection

Focus Topics

- Introduction to Self-Reiki Techniques
- Mindfulness and Meditation Practices for Everyday Life
- Emotional Healing Strategies and Tools

Participant Requirements

Age: Participants must be at least 18 years old.

Health Considerations: While Reiki is safe for most, those with certain medical conditions should consult with their healthcare provider before participating. A preliminary assessment will be conducted in the first session to address any concerns.

Commitment: Participants should commit to attending all weekly sessions and workshops to gain maximum benefit from the program.

Resources and Material

- Journals for personal reflections and notes on their progress throughout the program.
- Access to guided meditation recordings.
- Informational handouts on self-Reiki techniques, mindfulness practices, and emotional wellness strategies.



REIKI

Budget Breakdown

Total Cost: \$10,800

Facilitator Salary: \$4,800

- 12 sessions per quarter (48 sessions annually) @ \$100 per session

Materials and Supplies: \$1,200

- Journals, mats, and related supplies (estimated \$300 per quarter)

Venue Rental: \$2,400

- Rental cost for yoga studio or community center (estimated \$600 per quarter)

Marketing and Outreach: \$800

- Promotional materials and advertising (estimated \$200 per quarter)

Refreshments: \$600

- Light snacks and beverages for sessions (estimated \$150 per quarter)

Evaluation Methods

At the conclusion of the program, participants will be asked to complete an anonymous survey to evaluate their experiences and the perceived benefits of the Reiki program. This feedback will help us refine future offerings, ensuring the program meets attendees' needs and goals effectively.

Community Impact

The Reiki program is designed not only to benefit individual participants but also to create a positive ripple effect within the broader community.

Mental Health Improvement: By offering a safe space for relaxation and emotional healing, the program aims to contribute to a decrease in local stress levels and related mental health issues.

Social Connection: This program encourages community bonding through shared experiences, helping participants cultivate new friendships and support networks. Increased social engagement can reduce feelings of isolation and loneliness.

Workshops and Resources: The program's workshops will provide participants with valuable skills in self-Reiki, mindfulness, and emotional wellness, equipping them to enhance their lives and those of their loved ones.

Holistic Health Awareness: By promoting Reiki and mindfulness practices, the program will contribute to broader awareness of holistic health approaches in the community, potentially inspiring additional wellness initiatives.

Local Economic Support: By utilizing local venues and hiring community practitioners, the program contributes to the local economy, fostering sustainable growth and enhancing economic solidarity.

Overall, the Reiki program aims to create a thriving community through holistic healing practices and supportive interpersonal relationships, enhancing the quality of life for all its members.

This Reiki program aims to nurture and support participants as they embark on their healing journeys, providing them with essential tools and a community of like-minded individuals. Through dedicated practice and open dialogue, participants can look forward to a profound transformation in their mental, emotional, and spiritual wellbeing.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.





SOUND THERAPY

Sound therapy utilizes vibrational healing techniques, such as sound baths, to promote relaxation and emotional release. It enhances focus, resilience, and self-awareness in a calming group atmosphere.

Sound Therapy utilizes the calming effects of sound waves to lower cortisol levels and promote emotional regulation in inner-city youth. Research indicates that sound therapy can lead to a 35% improvement in mood and emotional stability, helping participants navigate their environments with greater ease and reducing the risk of stress-related issues.

Our Mission

Utilizing sound therapy to enhance emotional regulation and mental clarity for inner-city youth, fostering relaxation and resilience through the soothing power of sound in a safe environment.

Strategies

- ✓ Diverse Sound Techniques
- ✓ Regular Sessions
- ✓ Educational Workshops
- ✓ Personalized Sound Tracks
- ✓ Relaxation Routines
- ✓ Community Outreach

Program Outcomes



Enhanced Relaxation: Significant stress relief and calmness.



Improved Focus and Concentration: Heightened engagement in tasks.



Emotional Release: Better management of repressed feelings.



Increased Self-Awareness: Greater understanding of emotions and triggers.



Strengthened Resilience: Enhanced capacity to handle challenges.



Community Engagement: Increased participation in supportive events.



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SOUND THERAPY

Sound therapy is a holistic treatment method that utilizes sound frequencies to promote relaxation, healing, and personal growth. This program aims to offer a structured sound therapy experience for participants, enhancing their mental, emotional, and physical well-being. With a blend of individual and group sessions, we will create an environment conducive to exploration, healing, and shared experiences.

Goals

- ✓ **Therapeutic Relief:** Provide participants with tools to relieve stress, anxiety, and emotional blocks.
- ✓ **Personal Growth:** Facilitate self-discovery and emotional understanding through guided sound healing practices.
- ✓ **Community Building:** Foster a supportive environment that encourages participants to share experiences and build connections.

Program Structure

Program Duration

Duration

Frequency: Weekly sessions

Session Duration: 90 minutes

Target Audience

This program is designed for individuals seeking stress relief, emotional support, and personal growth. It will particularly benefit those experiencing anxiety, insomnia, or general life stressors. Students, working professionals, and members of the community will be welcome to participate.

Session Breakdown

- **Introduction to Sound Therapy:** Overview of sound therapy principles, benefits, and practices.
- **Individual Sound Healing:** One-on-one sessions using instruments like singing bowls, tuning forks, and voice work to address personal issues.
- **Group Sound Bath:** Group sessions where participants lay down and are bathed in sound waves created by various instruments, promoting collective healing and relaxation.
- **Integration and Reflection:** Guided sessions that help participants integrate their experiences and insights through sharing circles and reflective practices.
- **Final Sound Ceremony :** A closing ceremony combining all elements from the program, allowing participants to celebrate their journey and personal growth.



SOUND THERAPY

Budget Breakdown

Total Cost: \$10,800

Facilitator Salary: \$4,800

- Qualifications include certifications in sound therapy and experience in group facilitation.

Materials and Instruments: \$2,400

- Purchase of instruments such as singing bowls, drums, tuning forks, and other sound tools.

Venue Rental: \$2,000

- Rental of a calming, acoustically-friendly space to hold sessions.

Marketing and Outreach: \$800

- Promotion through social media, local community boards, and wellness centers.

Refreshments: \$600

- Herbal teas and light snacks to enhance the post-session communal experience.

Administrative Costs (10% of total budget): \$1,080

- Covering documentation, participant registration, and miscellaneous expenses.

Evaluation Methods

To ensure the success and effectiveness of the sound therapy program, participants will be given feedback forms at the end of each session. Surveys will assess their experiences, perceived benefits, and suggestions for improvement. This feedback will be used to adjust the program's content as needed and enhance future iterations.

The Sound Therapy Program presents an innovative opportunity for individuals seeking relief and personal development. By combining individual and group experiences, we hope to create a transformative space where participants can explore the healing power of sound. We are committed to providing a supportive environment that encourages growth, connection, and community well-being. With your support and participation, this program can have a meaningful impact on our community, contributing to a healthier, more connected society.

Community Impact

The Sound Therapy Program will extend its reach beyond individual participants, providing significant benefits to the wider community:

Mental Health Support: By promoting emotional and mental well-being, the program helps alleviate the growing concerns of anxiety and depression prevalent in our community.

Social Cohesion: The group sessions encourage bonding among participants, fostering a sense of belonging and reducing feelings of isolation. This collective experience can strengthen community ties, leading to a more supportive network.

Promoting Wellness Culture: By introducing sound therapy, we contribute to a culture of wellness and holistic health. This initiative can inspire other programs and activities focused on mental health, wellbeing, and non-traditional healing methods.

Accessible Therapy: Our commitment to affordability allows diverse community members to access therapeutic modalities that they might not otherwise consider, promoting equity in mental health support.

Local Economic Support: By hiring local facilitators and sourcing materials from nearby vendors, the program stimulates local economies and supports community entrepreneurship.

For further inquiries or to get involved, please contact us at info@sarahrobinsongroup.com.

Together, we can make a profound difference in the lives of our community members.



On behalf of the Board of Directors of the Sarah Robinson Group NFP, we extend our heartfelt gratitude for your interest in our comprehensive programs. Your support and partnership play a crucial role in the success of our initiatives, which aim to empower and enrich our community through education, the arts, financial literacy, and more. Together, we can make a lasting impact and inspire positive change for our participants. We look forward to collaborating with you and creating meaningful opportunities for growth and development.

Thank you once again for your commitment to our shared vision.

Warm regards,
Sarah Robinson Group NFP

