

Sheralee Mitchell-MacEwan

From: After Trauma Empowerment Network (ATEN) <info@atenns.ca>
Sent: Monday, May 10, 2021 10:23 AM
To: Mauger Counselling Therapy; Vida Woodworth
Subject: Reaching out for Support - Please share and forward!

Good day friends, colleagues and community,

Trauma and mental health are important issues for everyone, especially **right now**.

I am reaching out to you during these difficult and challenging times to ask you to consider supporting the **After Trauma Empowerment Network (ATEN)** by making a donation on my HELP AFTER TRAUMA GoFundMe campaign page (link??)

The **After Trauma Empowerment Network (ATEN)** is a non-profit organization in Shubenacadie, Nova Scotia. Our mandate is to empower and improve the quality of life for individuals, families and communities affected by trauma through therapeutic counselling, emotional support, education and resources.

Our vision is: To improve the lives, well-being and functioning of individuals, families and communities affected by trauma so we can live in a world where individuals affected by trauma live an empowered life to reach their fullest potential.

What we do:

- We provide our services and supports **free of charge to all genders**,
- We offer a **Safe Space to all genders, backgrounds and cultures**,
- **85%** of our client base has experienced sexualized violence, trauma and abuse (including sexual trafficking and exploitation),
- We are based in East Hants but **serve all of Nova Scotia**,
- We provide **support and accompaniment** to police, hospital and/or court,
- The age range for individuals accessing our services range from **13 to 74 years old**,
- We offer a **weekly youth group to vulnerable youth** who have experienced trauma,
- We offer a weekly online discussion forum called **MAAT (Music & Art After Trauma)** where we discuss a topic relating to trauma, mental health and wellness combined with a music and/or art component,
- Individuals accessing our services and appointments has **TRIPLED** over the past year,
- We provide educational presentations and capacity building sessions around trauma, mental health, wellness, healthy relationships, trauma-informed practices/care and more,
- We have a **YouTube channel** where we are building a database of video resources,
- **We do not have any core funding from provincial or federal government for operational expenses** (we are working on trying to establish this)

What we need:

- As a result of outgrowing our current office space, **we need to relocate** to a larger office space which means **our rent expense will increase**,
- Since **we do not have core funding** for our operational expenses (rent, phone, internet, insurance, office supplies), **we are making a plea to individuals, community members and businesses to help support us by making a financial donation**,

- **We are hoping to raise funds to assist with our operational expenses for one year** (approximately \$10 000)

With your kind and generous support, we can achieve this goal!

We are looking for **community champions and corporate heroes** to help us to support those affected by trauma and mental health challenges. Please help and empower us so we can continue to empower others!

Please help us spread the word and share this with your networks.

Much heartfelt thanks and gratitude!

Be well. Be safe. Be empowered.

Website: www.atenns.ca

Email: info@atenns.ca

Facebook: [After Trauma Empowerment Network \(ATEN\)](#)

YouTube: [After Trauma Empowerment Network \(ATEN\)](#)

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