

# Providing Hope for CommUNITY: Support CURE's Wellness & Empowerment Programs



**ENDING  
HUNGER**  
ALL FAITHS FOOD BANK



**CURE THE COMMUNITY**  
CENTER FOR URBAN RESOURCE AND EMPOWERMENT

## Contact

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# About Us

## Mission

The Center for Urban Resource and Empowerment (C.U.R.E.) is on a Mission to bring a culture of WELLNESS to the North Sarasota and Newtown CommUNITY by providing free **Nature** and **wellness programs** rooted in **Cultural Competency, Empowerment, and Nature.**

## Vision

C.U.R.E. exists to serve the North Sarasota and Newtown CommUNITY by harmonizing families and children with the healing power of nature. Through **wholistic health education, sound healing, community fellowship, and a variety of wellness programs**, we aim to create a thriving, empowered commUNITY grounded in balance, restoration, and culture.





# About Us

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**C.U.R.E.** is a Fiscally Sponsored 501(c)(3), grassroots non-profit based in Historic Newtown, Sarasota, FL—one of Florida’s last intact Black communities. Co-founded by Vocalist and Wellness Advocate Syesha and community organizer Jimmy Glover, C.U.R.E. is creating **healing spaces, educational opportunities, and commUNITY transformation** through culturally rooted **wellness and empowerment programs.**

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## Our hisStory

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C.U.R.E. was created based from a need we saw to educate our CommUNITY about their sacred Connection with Nature. We also wanted our children to have access to a green space that was culturally aligned to experience commUNITY Fellowship, Drumming, locally grown organic fruit, and Nature play and Exploration. The more searching we did to find that space we realized we already had access to Orange Blossom CommUNITY Garden and the Children and Families were right there in the neighborhood that could benefit the most from experiencing Wellness, Culture, and Connection with us. And so our work began to CONNECT CommUNITY and leave a positive impact for generations to come.

# ITEMS FOR PROGRAMS



Item	Cost
DJI Osmo Pocket Camera + Accessories	\$1,000
Informational/Sound Books Printed (2k)	\$2,000
Singing Bowls (Crystal & Tibetan)	\$2,000
Steel Drums + 6 Djembe Drums	\$2,500
Kayaks (2)	\$2,000
Outdoorshed	\$2,000
8x4ft. Garden Beds (3)	\$1,000
10x10 Custom Outdoor Tent	\$400
Juicer and Vitamix	\$2,000
2 Golf carts (8 seater and dump bed)	\$22,000
Solar Generator	\$5,000

**Total Request**

**\$41,900**

\*Items include Pocket Camera to document Nature content/curriculum to share on C.U.R.E.'s website & Youtube channel catering to Children and Families + Equipment & Materials for Programming (including Field Trips on the Canal with Kayaks and Nature Tours with golf carts exploring the Historic District of Newtown + supplies for Nutrition demos for Children & Families



# Why it Matters

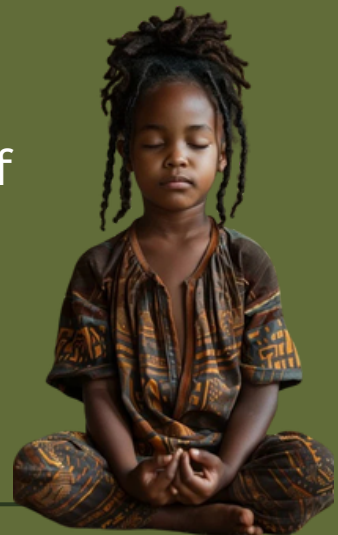
According to the CDC Black children and adolescents are dying from Diabetes at twice the rate of white children and adolescents. The CDC reports that death from diabetes in children and adolescents is potentially preventable through increased awareness of diabetes symptoms (including symptoms of low blood sugar), earlier treatment and education.

According to the National Wildlife Federation, children now spend HALF as much time outside as they did 20 years ago. Many studies have shown decreased time in nature to increasing trends in childhood obesity (which has been linked to Diabetes and other Chronic Disease) , attention disorders, and depression. Numerous research studies have documented the positive impact of nature on children and families.

For so long our commUNITY of North Sarasota and Newtown have lacked access to education in alternative health solutions which has kept so many hopeless and sick; more susceptible to chronic dis-ease and disconnected from Nature.

With such alarming statistics it is easy for children and families to accept they will face the same health outcome as family members that came before them, due to the common misconception that genetic predisposition is a determinant of dis-ease.

Through our wellness programs, we help children and families understand that our genes do not necessarily determine that we will get sick. They essentially determine how we get sick, if we do get sick and that we have the **power to take action today to improve our health outcomes for future generations.**





With just this information alone we have been able to provide HOPE and Healing to so many youth and families, empowering them to take preventive action for their overall health and well-being.

We share culturally competent approaches to alternative nature-based physical and mental health and simple Educational resources using books, chants, and affirmations in Preventive Nutrition, Mental Health Awareness, Emotional Wellness, and Nature Sustainability, providing HOPE, Healing, and a Culture of Wellness to all participants of our programming in the garden.

Our Wellness programs are dedicated to helping children foster a deeper connection to Nature, improving overall health and providing HOPE for health outcomes of future generations.



C.U.R.E. seeks to provide ongoing nature and outdoor programming to North Sarasota and surrounding area schools, childcare centers, park agencies, and other institutions to create a lasting impact of environmental literacy, stewardship, and problem-solving skills.

C.U.R.E. Currently operates all Nature Experiences and Programs out of Orange Blossom CommUNITY Garden. It is our sacred safe-haven where we learn about Nature and all its many health benefits. We aim to instill a love of nature in children and help caregivers incorporate regular outdoor time into their children's days, to improve overall quality of life.

We envision children and families of Newtown, in Sarasota, FL feeling the joy from being outdoors and appreciating the beautiful and serene green space readily available to them right in their own backyard. So, when given the choice of screen time vs. Nature, they Choose Nature.





# Health Benefits of Nature

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Connecting children to nature has important health benefits. Studies show outdoor time helps children with:

## **Physical Health:**

### Increased physical activity:

- Nature encourages children to engage in active play, such as running, climbing, and exploring, which helps combat childhood obesity and promotes a healthy weight.

### Improved motor skills:

- Outdoor play in natural environments, like parks and playgrounds, enhances motor skills and coordination.

### Stronger bones and muscles:

- Exposure to sunlight in nature provides Vitamin D, which is crucial for bone health and overall development.

### Better sleep:

- Natural light exposure helps regulate the body's natural sleep-wake cycle, potentially improving sleep quality.



# Health Benefits of Nature

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Connecting children to nature has important health benefits. Studies show outdoor time helps children with:

## **Mental and Emotional Health:**

### Reduced stress and anxiety:

- Time in nature has been shown to lower stress levels and reduce symptoms of anxiety and depression.

### Improved mood and emotional well-being:

- Exposure to natural environments can boost mood, enhance self-esteem, and promote a greater sense of resilience.

### Increased creativity and imagination:

- Nature provides a rich sensory experience, stimulating creativity and imaginative play.

### Enhanced attention and focus:

- Studies suggest that nature can improve attention spans and cognitive function, potentially benefiting children with ADHD.





# Health Benefits of Nature

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Connecting children to nature has important health benefits. Studies show outdoor time helps children with:

## **Cognitive Development:**

### Improved cognitive function:

- Nature play enhances cognitive skills, such as problem-solving, decision-making, and critical thinking.

### Increased learning and curiosity:

- Nature-based learning experiences can foster a love for learning and encourage exploration and discovery.

### Better academic performance:

- Studies have shown a link between exposure to nature and improved academic performance in subjects like math, reading, and science.



# Health Benefits of Nature

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Connecting children to nature has important health benefits. Studies show outdoor time helps children with:

## **Other Benefits:**

### Environmental awareness:

- Spending time in nature from a young age can foster a sense of connection with the environment and promote environmental responsibility.

### Reduced screen time:

- Nature play encourages children to disconnect from digital devices and engage in active, outdoor play.

### Improved social skills:

- Outdoor play provides opportunities for social interaction and collaboration with peers, fostering social-emotional learning.

# Key CommUNITY Partnerships

	<p><b>All Faiths Food Bank</b></p> <p>Providing coconuts for youth and families &amp; Food Pantry for all program participants</p>
	<p><b>Sarasota Housing Authority</b></p> <p>Supports garden-based learning and commUNITY outreach at Orange Avenue Park</p>







# C.U.R.E. Wellness Programs

<b>Sing2theChildren</b>	A collection of Songs, Chants, and Affirmations + Intuitive Sound Therapy
<b>CocoRootz</b>	FREE Coconuts for Newtown students & all Sarasota Housing Authority Families
<b>CocoRootz Literacy Initiative</b>	Distributing FREE Informational/ Coloring/ Sound Books to all Wellness participants
<b>Outdoor Classroom</b>	Wholistic Wellness Program (3-18 yrs); Songs, Affirmations, Books, Drumming, and Nature



\*All of our Programs operate out of Orange Blossom CommUNITY Garden

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# Sing2theChildren



**Sing2theChildren** is a collection of songs, chants, affirmations, and Intuitive Sound Therapy woven into all of our wellness programs at C.U.R.E. Sing2theChildren is at the foundation of all we do. It is the music part of all of our nature-based curriculum; a one of a kind, Intuitive, Fun, & Exciting Live Sound Experience for Children using a variety of instruments, Songs & Affirmations that promote our Connection to Nature, Self-Love, Authenticity, Self-Empowerment, Confidence, Social-Emotional Learning, Movement, and Play.

Sing2theChildren is intuitively implemented within all of our wellness programs. It is the part of our programming that brings music, storytelling, affirmations, songs, and chants to our educational approach. It has also become a sacred phrase we use to remind us of the healing power of sound; building confidence and creativity, soothing stress, anxiety, developing emotional resilience, Improving literacy/communication, and regulating our mood.



Sing2theChildren is C.U.R.E's way to combine Nature and Sound for an intuitive music experience for the child and inner child within us all.

# CocoRootz Initiative



The CocoRootz Initiative is a culturally grounded, multi-generational **wellness, arts, and education** program powered by the **Center for Urban Resource and Empowerment (C.U.R.E.)** in collaboration with **All Faiths Food Bank**, and the **Sarasota Housing Authority**.

Designed for all ages—from toddlers to seniors—CocoRootz combines coconuts, drumming, breath-work, mindfulness, storytelling, and social-emotional learning to create powerful commUNITY experiences rooted in wellness, culture, and connection.

At its heart is the coconut—a symbol of nourishment, resilience, and rootedness. Through FREE coconut distribution, mobile rhythm workshops, and wellness education, CocoRootz invites individuals and families to explore hydration, plant-based nutrition, emotional regulation, and cultural identity in joyful, accessible ways.

Originally launched as an early childhood curriculum, CocoRootz has evolved into a **citywide movement**—one that brings education, healing, and celebration to parks, schools, senior centers, housing communities, and cultural spaces across Sarasota.

# CocoRootz Literacy Initiative

A fun and exciting Educational Literacy Initiative, for children and families, which combines Sing2theChildren's Top songs, affirmations, poems, and chants. Incorporating an array of subjects from Human Anatomy to Wholistic Nutrition, this Initiative merges the vision of **CocoRootz**, which is to share **Culture** and **CommUNITY** for youth withIN the Newtown CommUNITY of Sarasota, FL and underserved communities worldwide.



The **CocoRootz Literacy Initiative** distributes **FREE** nature-based **children's literature** to **at-risk, low-income, and low-literacy** youth in the Newtown CommUNITY of Sarasota, FL. Our mission is rooted in educating youth about Coconuts, Nature, and Culture through Informational/ Activity/ Coloring/ Sound/Picture Books.



We envision sharing Children's Literature, early on, to promote Literacy, Empower Children and Families, promote Self-Love, Authenticity, Nature, Mindfulness, build Self-Esteem and Social Emotional Learning.

**CocoRootz** is powered by C.U.R.E. in collaboration with the **Sarasota Housing Authority**.

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# Outdoor Classroom



C.U.R.E. operates many Educational, Wellness and Empowerment Programs for Children and Families out of our Local **Orange Blossom CommUNITY Garden**, including our outdoor classroom.

We work alongside the **Sarasota Housing Authority**, so most of the children a part of our program live just steps away from the garden space and are considered **at-risk** from **low-income** households. We **educate youth in Mindfulness, how to naturally harmonize mind and body with nature, the benefits of Nature, Self-Empowering Affirmations, and Songs** incorporating **Social-Emotional Learning** and **Body/Energy Awareness**. Children receive access to nature-based education, resources, and a Divine Play and Learning space that statistics and research say they most likely will never experience.

Our outdoor classroom, in the garden, offers a power filled and **wholistic approach** to learning and development for **at-risk black youth**, addressing academic, social, emotional, and physical needs while nurturing curiosity and fostering a lifelong connection to nature and their commUNITY.



We are currently raising funds to enhance our Outdoor Classroom space so that children can also experience a nature play experience. **Our vision** is to see children enjoying; hammocks, tire swings, play Logs, and a mud-Kitchen. As well as a platform area for cooking demos, lectures, presentations, and creative expression.





# Outdoor Classroom

Our Outdoor Classroom was created in response to the alarming number of Black children who are spending more time indoors behind screens and less time out in the natural world tied to the historic prohibition of Black access to green spaces and a mindset that has been passed down generationally that **“Black people don’t do Nature”**; that Nature isn’t safe and we don’t belong in it.

It is Outdoor Classroom’s goal to help every Black child and their caregiver have an awareness of the health benefits that nature brings and provide a consistent **safe GREEN space** for them to **connect** and **explore** Nature; helping them form a sacred connection with the outdoors, while simultaneously dismantling generational mindsets that often keeps black children and families from feeling safe and being comfortable in Nature.

Through our Outdoor Classroom within Orange Blossom Community Garden we are able to provide **representation**, consistent **supportive commUNITY** to youth, all while **dismantling nature stigmas** and ensuring that our Black youth can fully experience the physical and mental health benefits of the outdoors for generations to come.

Our teaching methods are rooted in keeping it simple and using an intuitive approach to the experiences and education we provide. Our philosophy is **“We are Nature”** and being in harmony with Nature is being in harmony with self. To reclaim our legacy and strengthen our connection with Nature, Outdoor Classroom is providing **Nature/based educational experiences and curriculum in the garden to all youth within the Newtown and North Sarasota area** including participants from our collaboration with the Sarasota Housing Authority which houses 2,400 plus families. We offer FREE self-empowering/nature-based Informational/Coloring/Sound books to all participants as a part of our **CocoRootz Literacy Initiative** that compliments curriculum rooted in **intuitive learning and mental health awareness**.

Our 2025 goal is to ensure the 2,400 plus families of the Sarasota Housing Authority and neighboring schools utilizing our program learn the many health benefits of Nature as well as our sacred Indigenous connection to the land.

# C.U.R.E. Providing Hope

The Children's Hope Scale, published in 1997 by Dr. Rick Snyder can be used to help measure hope in individuals age 8 to 16. **Research** has linked hope with overall physical, psychological, and social well-being. Children who can identify a means to carry out goals (pathways) and the ability to initiate and sustain action towards goals (agency) are considered more hopeful.

All of our Youth receive The Children's Hope Scale for us to measure the impact of our Nature-based programming and experiences.

**THE CHILDREN'S HOPE SCALE**

**Directions:** Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.

None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
1	2	3	4	5	6

\_\_\_\_ 1. I think I am doing pretty well.

\_\_\_\_ 2. I can think of many ways to get the things in life that are most important to me.

\_\_\_\_ 3. I am doing just as well as other kids my age.

\_\_\_\_ 4. When I have a problem, I can come up with lots of ways to solve it.

\_\_\_\_ 5. I think the things that I have done in the past will help me in the future.

\_\_\_\_ 6. Even when others want to quit, I know that I can find ways to solve the problem.

**Notes:** The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

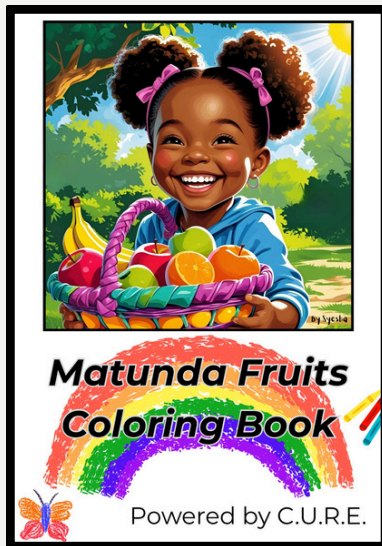
**Agency Score** \_\_\_\_ (Add items 1,3 and 5)

**Pathways Score** \_\_\_\_ (Add items 2,4, and 6)

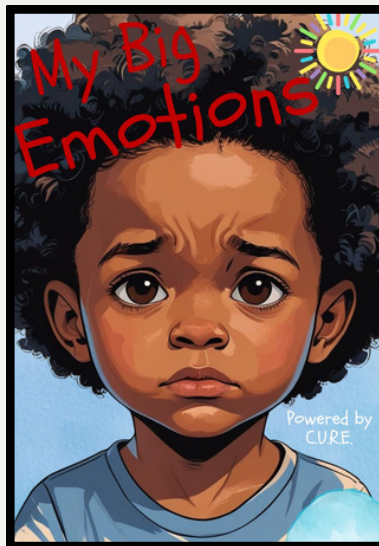
**Total Hope Score** \_\_\_\_ (Agency Score + Pathways Score)

# Books Powered by C.U.R.E.

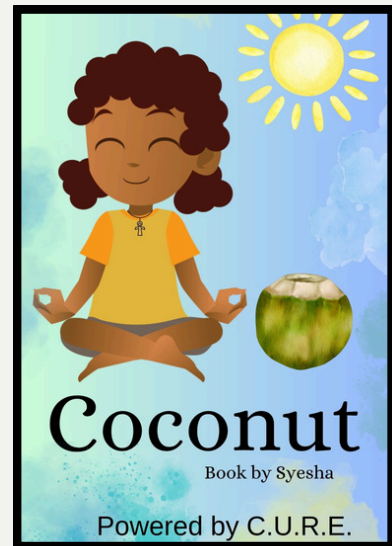
Emotional Wellness/Nutrition/Nature/Self-Empowerment/Anatomy



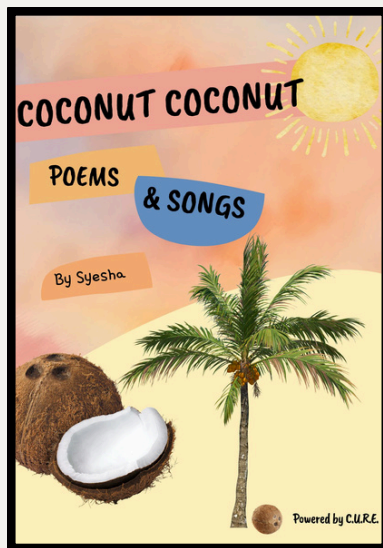
Matunda Fruits Coloring  
& Trace Book  
Color Fruits and Trace  
words in Swahili &  
English



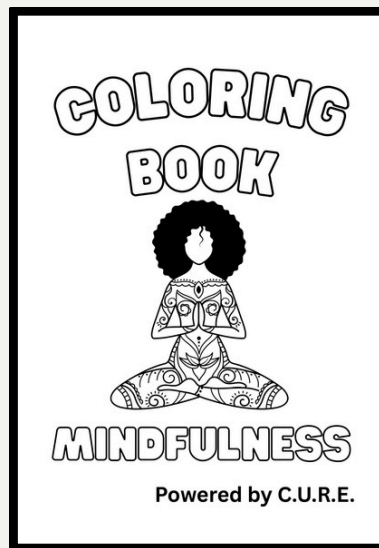
My Big Emotions  
A Chant promoting  
SEL & Mindfulness



Coconut  
Fun Introduction into  
Hydration Awareness and  
Nutrition



Coconut Coconut  
A Collection of Songs  
and Poems about  
Coconuts



A Divine Coloring Book of  
Affirmations to promote  
Mental Health Awareness  
and Mindfulness



A fun Coloring Book  
filled with images  
teaching the Culture of  
CocoRootz

\*We offer FREE Coloring/Informational/Sound books that coincide with our Nature-based Curriculum



# C.U.R.E. GOALS & ANTICIPATED OUTCOMES



## Goal

## Outcome

Break Nature Stigmas	Youth learn the hiStory of black contributions & participation in Nature
Emotional Wellness	Youth Learn Affirmations & Self-Regulating Techniques (Grounding & Meditation) in Nature
Nutrition Awareness	Youth learn Songs & receive Nutrition coloring/ Informational Books + basic agriculture education
Nature Awareness	Frequent access to our garden space fosters a deeper connection with Nature & self



# The Fundamentals of our Outdoor Classroom Program (Ages 3-18 years old)



ALL SUBJECTS INCLUDE BOOKS, SONGS,  
AFFIRMATIONS, CHANTS,  
DRUMS & WORKSHEETS POWERED BY C.U.R.E.



# NATURE SUSTAINABILITY



We promote youth harmonizing with Nature through grounding techniques as well as saving seeds for planting and Neighborhood clean-ups, instilling a sense of responsibility and stewardship towards the environment. We take regular Nature Walks with the youth to gain awareness of the plants and animals within their own neighborhood and foster an appreciation for the natural world, Nature-based Crafts and Nature Scavenger Hunts using recycled materials as well as leaves, stones, and twigs for engaging and fun Nature Activities.

# EMOTIONAL WELLNESS



Empowering Songbooks, drum circles in the garden, Social Activities, and Meditative tools are used to strengthen each child's social emotional “IQ” and relieve daily stressors. We teach songs about Emotional Wellness, Empowering Affirmations to boost Self-Esteem and Confidence as well as provide FREE books (promoting Mental Health) to the youth as a resource for the entire family.



# MENTAL HEALTH AWARENESS



In our sessions, in the garden, we utilize Intentional Breathing, Mindfulness Techniques, and Nature Therapy for early intervention and overall well-being. We introduce Metaphysical education to teach youth how to have more knowledge and awareness of “self” to improve mental health outcomes. Chants, Songs, and Activities built around knowledge of the Chakra Energy centers help balance overall mental well-being.

# PREVENTIVE NUTRITION



By offering Education in Preventive Nutrition through **Books, Songs,** and **Affirmations** we help simplify what **Wholistic Wellness** looks like, so that youth can adapt healthier eating habits (early on), which can improve health outcomes for **at-risk, low-income** youth in our CommUNITY. Access to our garden space provides youth the opportunity to learn about basic **agriculture** and allows access to locally grown fresh Fruits from our **Fruit trees** in the **garden.**



# Your Impact



- Every dollar donated helps C.U.R.E. offer our Wellness Programs for FREE to Sarasota Housing Authority Residents, and all North Sarasota Public and Private Educational Institutions.
- Donations support underserved, at-risk, low-income youth and families, with nature access, food justice, cultural connection, and mental and physical healing.
- You're not just funding a program. You're **funding a movement that is creating a Culture of Wellness for generations to come.**



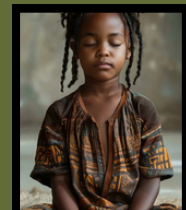
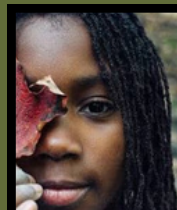
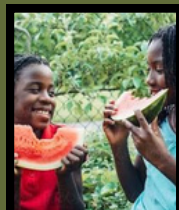
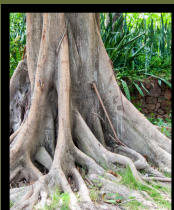
## Highlight



Over 20,000 pounds of Fresh Produce distributed to the Newtown CommUNITY through our grassroots partnership with All Faiths Food Bank.



**ENDING  
HUNGER**  
ALL FAITHS FOOD BANK





**Thank you for your consideration  
and generosity. Every dollar  
donated goes directly to needed  
supplies and fees to operate our  
FREE programming. Your  
contribution is making a lasting  
impact. Thank you for being the  
Change with us and providing  
HOPE to all we serve.**

## **Contact**

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