

UNITE 2 UPLIFT

"YOU CANNOT MAKE PEOPLE LEARN. YOU CAN ONLY PROVIDE THE RIGHT CONDITIONS FOR LEARNING TO HAPPEN"

- VINCE GOWMON



ABOUT UNITE2UPLIFT

We are very excited to launch our monthly newsletter! We want this newsletter to be meaningful so please share your feedback and suggestions to help us improve. This month you will find an overview of our impact (so far), new initiative and testimony from one of our volunteers who's with us since the beginning!

We have taken the liberty of signing you up for this newsletter because you have supported us or registered on our website.

Sincerely,
Unite2Uplift Team

OUR IMPACT

MEAL SUPPLIES

2,000+

uncooked meals and
school snacks served

COVID RELIEF

1,200

uncooked meals
served

WORK PREPAREDNESS INITIATIVE

24

sessions

200+

students

Resume Coaching, Interview Skills, Personal
Finance, Credit Scores, Positive self talk

MINDFULNESS INITIATIVE

50

hours

260+

participants

STUDENT SUPPORT

250+

students

Clothing, supplies and after-school snacks.

[CLICK TO READ OUR STORY](#)



WEBSITE INSTAGRAM TWITTER

FROM THE VOLUNTEER

KETNA SHAH
YOGA THERAPIST
C-IAYT, E-RYT 500
WWW.MYLIFEYOGA.COM



What inspired you to volunteer with Unite2Uplift?

Unite2Uplift is a great team working towards a great cause. Providing a helping hand to those of the younger generation who are struggling has the potential to change their trajectory of life. This has cascading benefits for the community we live in.

What do you like the most about volunteering with Unite2Uplift?

Unite2Uplift has a great core team of volunteers who bring lot of passion, creativity & dynamism to our work. It is extremely rewarding to see that our actions are making a difference and having real impact on lives.

What has been the most memorable/rewarding moment while volunteering for Unite2Uplift?

Amongst the things I do with Unite2Uplift, I also provide mindfulness and yoga sessions to students, teachers, and volunteers. These are essential tools in stressful times. Seeing the burden of stress being lifted from shoulders, even momentarily, is extraordinarily rewarding.

What change you hope to bring (in community) through Unite2Uplift?

The return on investing in our younger generation is very high. This helps in creating vibrant, dynamic, and productive individuals whose growth would have been otherwise stunted and underproductive. And as these individuals join our communities, the returns multiply many fold!

INITIATIVE OF THE MONTH

Like every year, we are organizing 'SCHOOL SUPPLY DRIVE' to ease the burden of Back to School lists for many low income families in our school communities.

Your support can help us provide more resources to our schools and help students transition to new school year.

Donation List and Info:

