

Dear Friends,

All of us at SRQ Strong are deeply grateful to you for being part of our growing movement. Because of your support, we are building stronger communities across Sarasota and Manatee counties—communities rooted in connection, care, compassion, and collective well-being.

This year, our dedicated board and committee members helped guide an important milestone: the launch of our Trauma-Informed Community Development Institute. This work sparked the formation of the Newtown Neighborhood Expert Team, strengthening local leadership and expanding community-driven solutions.

Looking ahead to 2026, the momentum continues. SRQ Strong will host its first Banyan Conversation Series, introduce new workshops that explore the powerful role of the arts in post-traumatic growth, work across counties in Florida to deliver hurricane preparedness and coping skills, and deepen relationships through trauma-informed community development practices.

We invite you to join us in the year ahead—through a gift, your presence, or your time—and help shape a stronger, more connected community where healing, resilience, and hope can flourish together.



SRQ Strong Board of Directors

Andrea Blanch, Ph.D.

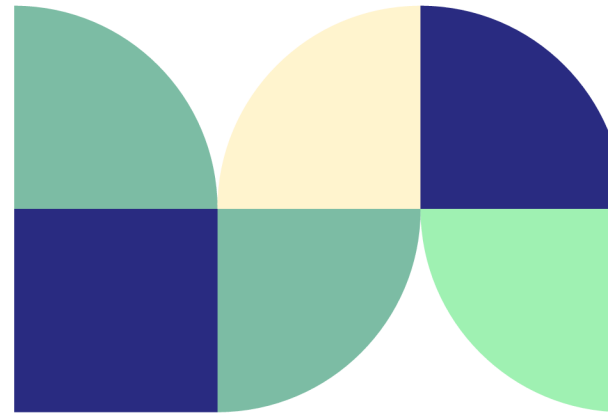
Sidney Turner, Ph.D.

Betsy Friedman

Giselle Stolper

Dane Minnick, Ph.D., MSW

OUR 2025 PROGRAMS



Nurturing Post Traumatic Growth

Disaster Recovery - Finding Our Strength Together

Trauma Awareness & Resiliency Sessions - Supporting Pregnant & Postpartum Teens

Letting Go of a Traumatic Past - Individuals, Teams, & Communities

Convening Community Connections

Creating Spaces for learning, belonging, and healing based on community needs:

The Movement Experience

Banyan Conversations

Poverty Simulations

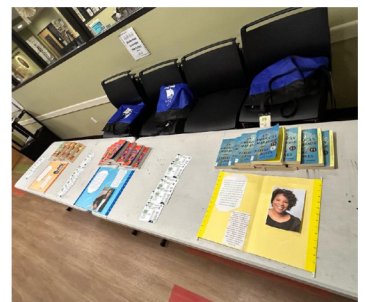
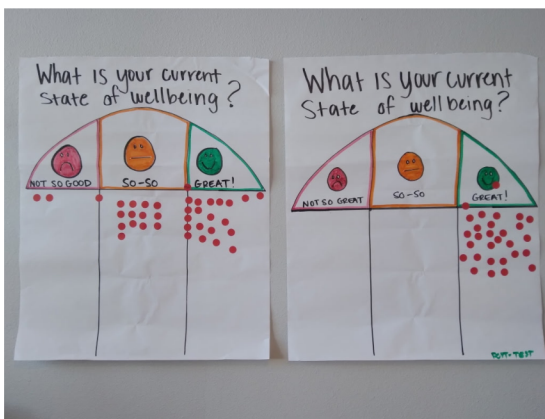
Fostering Trauma Informed Community Development (TICD)

Supporting the launch of microcommunities using the TICD tools and framework with:

Churches

Neighborhoods

Community partners and other teams



SHARED EXPERIENCES & IMPACT

In 2025, participants deepened their engagement and strengthened trauma-informed skills across our community. We:

- Hosted 11 community education events reaching 512 people
- Supported post-traumatic growth for 564 individuals through 95 sessions
- Delivered 4 Trauma-Informed Community Development trainings alongside 6 Newtown Neighborhood Expert outreach events—connecting with a total of 1,682 individuals



"The simulation prompted me to reflect on my own assumptions about people in poverty."

Poverty Simulation Participant



"There is a sense of value in enlisting people from the community to be part of the change and not just receiving the change."

C'Dara Manuel

TICD Institute participant & Newtown Neighborhood Expert Team Member

"It was like a rave... without the drugs!"

Tihda Vongkoth



"Helen Neal faithfully serves our food pantry community each week. She creates a safe, supportive space where individuals feel heard, valued, and empowered to begin healing."

Pastor Keith
Englewood Community Church,
Trauma Support Groups to the
Homeless Campers



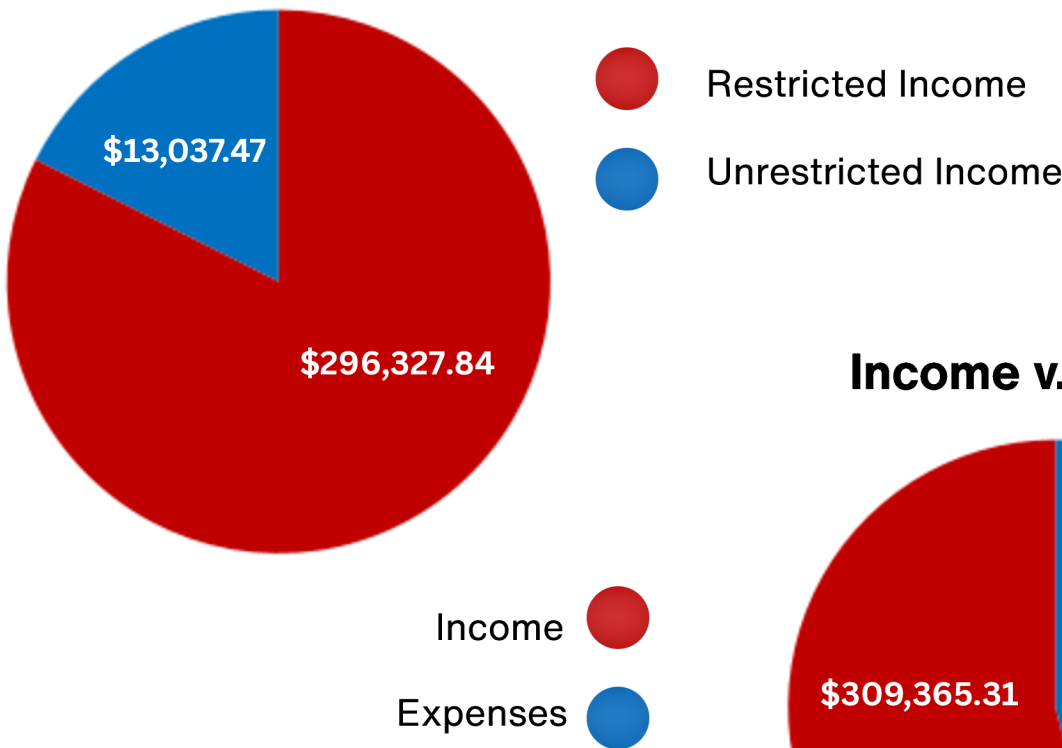
"It gave us a language to understand what we had gone through."



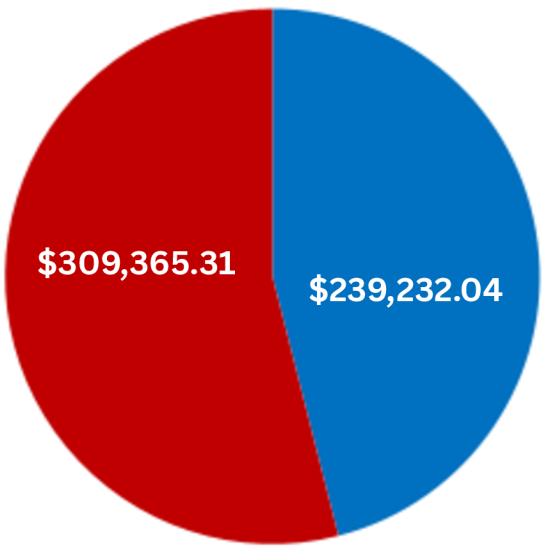
The Rev. David J. Marshall,
All Angels Episcopal Church
Finding Our Strength Together Host

2025 BUDGET & FUNDING SOURCES

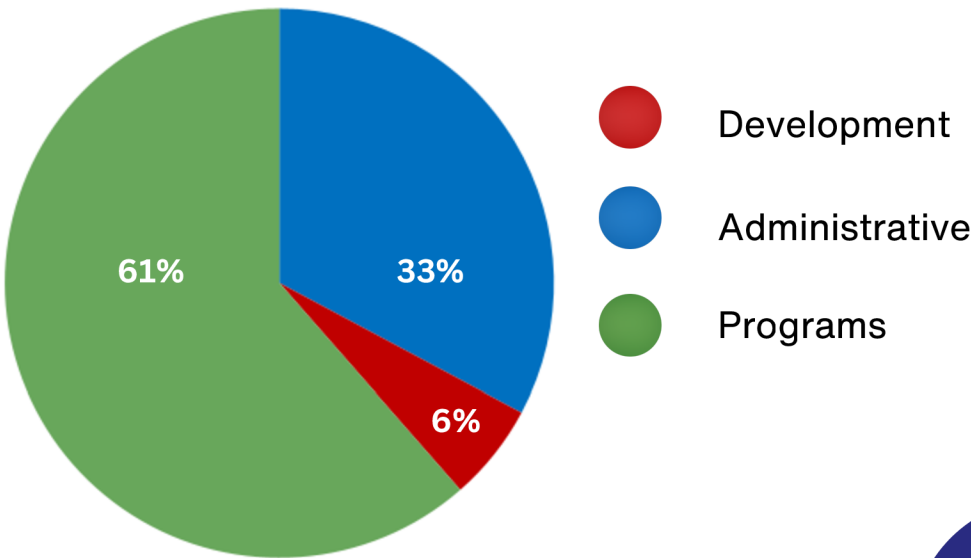
Income Source Ratio



Income v. Expenses



Expenses by Category



THANK YOU

SRQ Strong has emerged as a focused, mission-driven organization, grounded in aligned leadership, strong systems, and a commitment to meaningful results.

With the support of our partners and funders, strategic investments in infrastructure, evaluation, and communications, we are expanding our capacity to serve today while preparing us for a vibrant, sustainable future.

We are deeply thankful to the local foundations that helped fuel this progress, including The Charles & Margery Barancik Foundation, The Community Foundation of Sarasota County, and Gulf Coast Community Foundation.

Looking ahead, the future of our work is rooted in community. By growing a diverse and engaged network of supporters who value interconnection, and shared responsibility for well-being, we can continue to strengthen resilience at the grassroots level. Whether through giving, participating, volunteering, or sharing our mission, your involvement helps shape SRQ Strong and your community. We invite you to join us as we move forward together.

CHARLES & MARGERY
BARANCIK
FOUNDATION


**COMMUNITY
FOUNDATION**
of Sarasota County

**GULF COAST
COMMUNITY
FOUNDATION**

GET INVOLVED

Stay in Touch

[Join our email list](#)
Follow us on social media



@sarasotastrong



YouTube @srqstrong3711



@sarasotastrong

Attend Events

From our Banyan Conversations series, to community workshops like the Movement Experience there is always a place for you.

[Learn more on our website.](#)

Volunteer

Your time and talents can strengthen and build our community. Come volunteer with us!

Email **info@srqstrong.org** to learn more and

Support Us

SRQ Strong depends on your support to provide programs at low or no cost. We can't create community without you.

[Donate today.](#)

SRQ Strong

1226 N. Tamiami Trail,
Suite 202
Sarasota, Florida 34236

srqstrong.org
941.500.2353