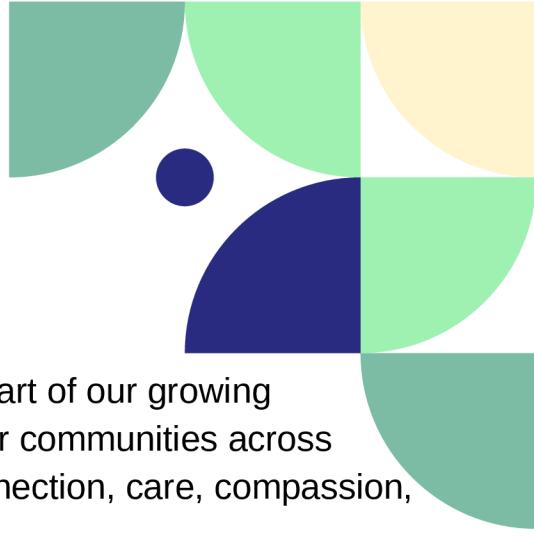


# Dear Friends,



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.**

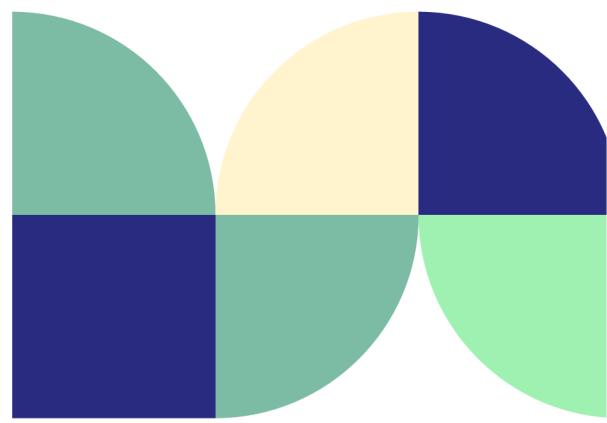
**Sidney Turner, Ph.D.**

**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

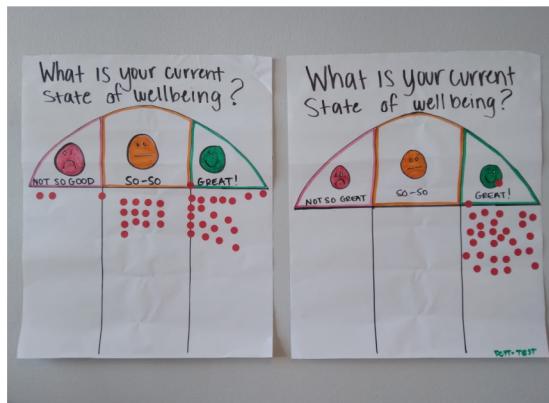
## **Fostering Trauma Informed Community Development (TICD)**

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.”*

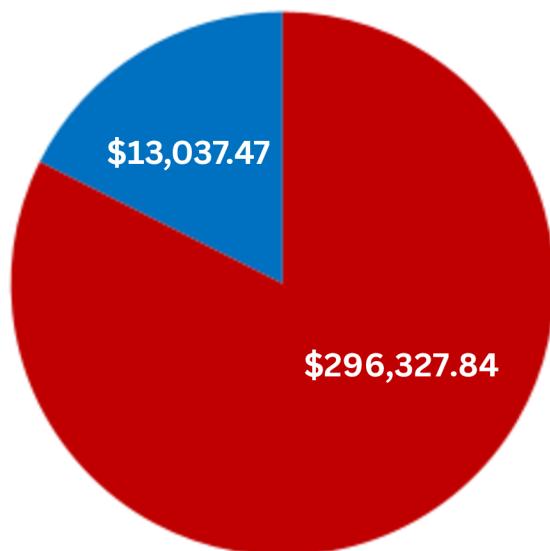
Pastor Keith  
Englewood Community Church,  
Trauma Support Groups to the  
Homeless Campers



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

# 2025 BUDGET & FUNDING SOURCES

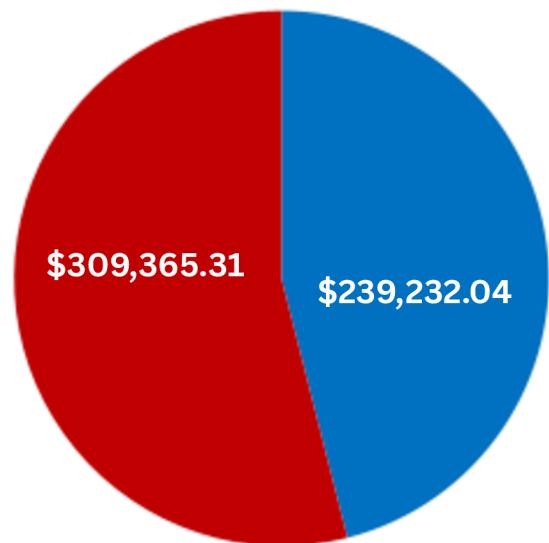
## Income Source Ratio



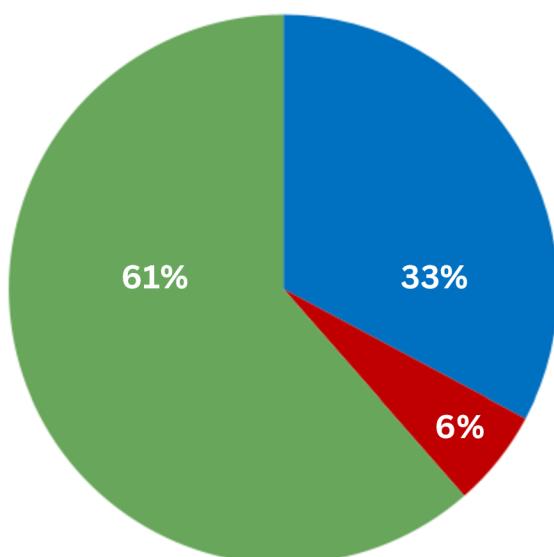
- Restricted Income
- Unrestricted Income

## Income v. Expenses

- Income
- Expenses



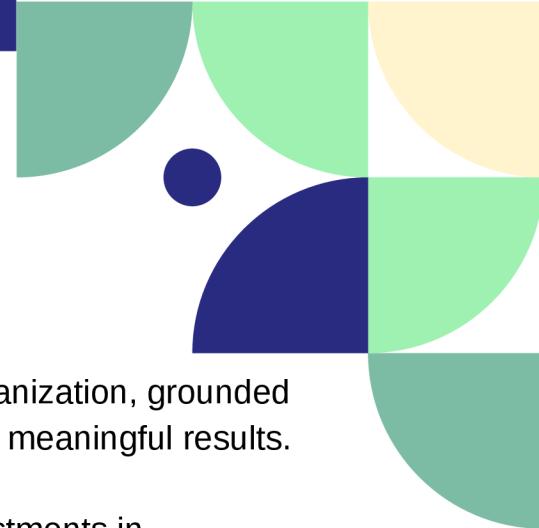
## Expenses by Category



- Development
- Administrative
- Programs



# 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.



# 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@sqrstrong.org](mailto:info@sqrstrong.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

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941.500.2353