

bKind Impact 2024

As we reflect on our journey, we are inspired by the kindness, dedication, generosity, & compassion of those who make our work possible.

To our team, donors, volunteers, & partners, THANK YOU for joining our mission to break the cycle of poverty & trauma!



4,000

Families Served



6,000

Bags of Food & Drinks



450

Volunteers



41

Mentorship & Empowerment



3500

Mental Health Kits



1400

Volunteer Hours



Wellness Sessions

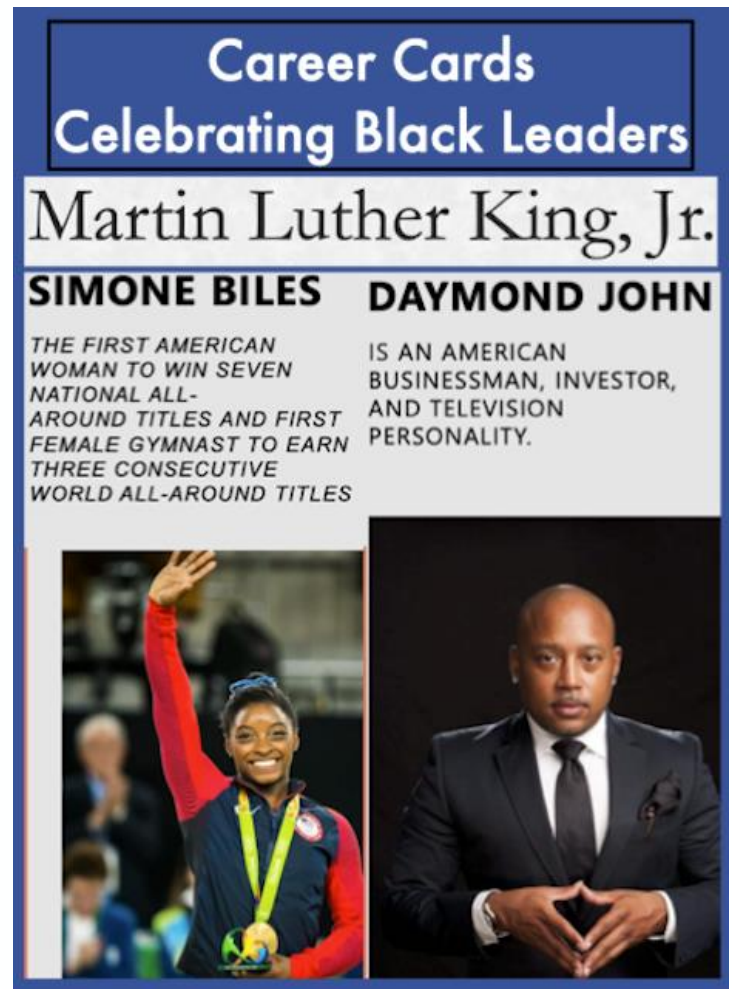
53

13

Community Gardens
Environmental
Projects

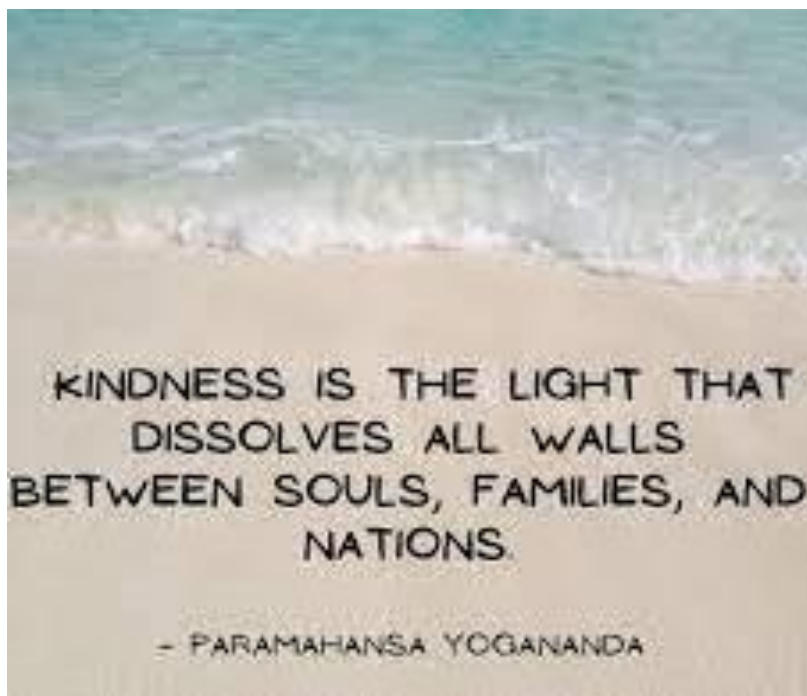


A Culture of Diversity,
Inclusion, &
Opportunity
Breaking the cycle of
Poverty & Trauma



2024 Microsoft Initiatives:

- * MLK Jr. Day Career Cards
- * Black History Month
- * Women's History & Women's Day Mentorship
- * Global Mentorship Sessions: NYC, Miami, CA, +
- * Mental Health
- * Developmental Disability Awareness
- * Hispanic Heritage Month



QUOTES FROM CHILDREN

“I’m grateful for the person who made this special card and journal for me. I keep them with me cuz they remind me that there are lots of nice people who care about us.”

**“Someone made this for ME??
I’m so happy. I can’t stop smiling.”**

“This person struggled too; she said it will get better, and she cares about me. Every night I pray for her & read the note she wrote for me.”

Thank YOU for the amazing Halloween Costumes donated after the **Fitch Ratings** team volunteer experience providing food, drinks, & necessities to families in need. Shampa went above & beyond to gather, organize & beautifully package each costume with descriptive labels including the age/size.

Fitch Ratings



"This costume makes me feel like I can be a real, doctor!" Sheena Age 6



spruce street school nycps397

"Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people."

Katie, Lupe, & Spruce Street's PTA FOOD DRIVE provided much appreciated snacks & drinks during bKind's Summer distributions of over 1,000 backpacks with food, drinks, school supplies, and Kind Kits

Visit, Amazon, Estee Lauder, &
COLGATE-PALMOLIVE
> 2,500 bags of food,
beverage, & more



bKind Community and Partner Wellness Programs

Yoga, Tai-Chi, & Meditation classes

- Virtual & On-Site in offices, community centers, parks, or elsewhere
- Trauma Support for survivors of abuse/trafficking
- Physical, mental, developmental, academic, & emotional benefits



Trauma to Triumphs, Inc.
(DBA: bKind)
Tax ID: 832422658

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Free Resources & Programs Available:

- Food Access
- Wellness Classes: Yoga, Positive Thinking & Tai Chi
- Wellness Classes: Yoga, Positive Thinking & Tai Chi
- Cultural Unity: Be Kind Be One
- Mentorship & Economic Development
- Youth Literacy
- Mental Health Support
- Safety Training
- Park & Community Garden beautification & planting

www.KindNYC.org

bKind is a 100%
volunteer-driven 501c3
nonprofit organization.



HOW DOES KINDNESS CURE?

Practicing kindness has been shown to improve mood & self-esteem while decreasing blood pressure & cortisol.

THE NEUROSCIENCE OF KINDNESS

Our brains release endorphins when we help others which leads to a phenomenon called a Helper's High: a literal state of euphoria.

Mission: Empower communities to be a catalyst for change & equal opportunity, through sustainable programs that promote nutrition, wellness, education, & inclusion, in collaboration with residents, volunteers, civic leaders & business coalitions.