



THE SESSION 2023
MENTAL HEALTH CONFERENCE

PROPOSAL

SPONSORSHIP



MINDFUL STEPS PLLC

Mindful Steps is a group practice that provides mental health treatment within the state of Tennessee.

We help our clients navigate through life's obstacles, challenge maladaptive behaviors, and address unhealthy patterns that has kept them stuck.

We walk with clients in a safe space; a place to talk about their thoughts, feelings, identify strengths, and learn appropriate tools to manage daily stressors.

WE TREAT
YOUTH AND ADULTS

Stress
Anxiety
Depression
Trauma
Substance Abuse
Grief

OUR TEAM

CO OWNERS



**ALEXANDRA MAYES,
LPC-MHSP**

JULIAN MAYES





GOALS & OBJECTIVE

We are hosting a mental health conference on 07/29/2023 during minority mental health month to educate the community on how to improve their mental wellbeing. This event will have 75 people in attendance (Women and Men). We are looking for sponsors for this event (products and/or monetary). Products will be given to the people attending the conference. Monetary donations will go towards our Mindful Care Program to provide free sessions for those seeking additional mental health care but can't afford it. Sponsors will be recognized by listing them on our flyers, social media, event invitations, and other print materials promoting our mental health conference. We would love to chat more if you are interested in being one of our sponsors.

Thank you for your time and let me know if you have any questions.

Admin@mindfulsteps.care

THANKS