



# RESOURCES BE RESOURCEFUL

Donate A Resource.

## Ladies and Gentleman of our Community.



City Lyfe Inc. Dec. 2022

Dear Community Leaders,

My name is Jamila Carmen Salmon,

As a one of many New York natives of a West Indian descent, I like many of my peers have also taken advantage of the things our older caretakers had constantly reminded us they didn't have. Doing so allowed me to find a particular love for community resources such as the library and our community parks. In the library, I was given access to books, computers and tutors who taught me how to stitch and a few math tricks. At the park, I remember being able to play with a diverse group of individuals, while enjoying the freedoms our nature because we didn't all have a back yard.

Who knew that today I'd be crediting the games I played that built my ever-growing imagination, while remembering to be home before the time grew dark. I can honestly say, adapting to my freedoms through creating always allowed me to be myself. I can recall being at school and at work and always being referred to as creative and resourceful and I never wondered where I got it from until I began my journey to design what we now refer to as City Lyfe Inc.

City Lyfe Inc. is a Resource Club, designed to be a Creative Arts Hub for our Future City Planners. By specializing in Community Resource Collection, our Future City Planners will be able to gain purpose in investing in community. Our plan is to utilize techniques within Art Therapy as a source for Preventive & Alternative Care for all transitioning individuals and families. As a community liaison, I have found myself gathering with others who share the same missions and values. In turn, I am constructing a team of resourceful individuals that can service our communities in hopes of creating an organization whose main mission is to prevent society's revolving door crisis.

- [info@citylyfe4u.com](mailto:info@citylyfe4u.com)
- (646)982-5247
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By combining my research through city employment and non for-profit organizations, alongside with my personal educational, community focused research and peer reviews— I have found that art therapy is the most constructive and effective element in both reconstructing community and our future selves. As a personal interest, I would like to use my community's resources to learn about becoming a resource while teaching about being a resource.

In the beginning of the pandemic, I didn't feel resourceful unless I was creating something. I remember starting a new position and thinking wow I finally get to start a new adventure and thinking and this time around work on self-first, and then on job to ensure maximum improvement. I like many of my peers, began to pursue things in life that allowed us to be or feel more resourceful. After redecorating my apartment, I became a notary and it made more resourceful then I'd know.

As a NYS Licensed Notary Public, I was able to provide notarial services throughout my neighborhood and many like it. And since December of 2021 I have assisted over 3000 New Yorkers with notarization that has allowed them to break barriers and accomplish personal and business goals throughout the pandemic. Not to mention, for the past 15 years I have implemented myself as a community resource, by providing transitional services for an upward number of over 5,000 individuals and families combined. These particular families have faced hardships that impacted their finances, housing, education, mental and physical health.

So, as a personal goal I sought out to be my community's primary resource—referring to myself and others as both a Community Liaison and a Creative Director. Aligning myself with individuals that practice mindfulness and strategic communication, has proven to be the most effective technique, as it pertains to attaining one's goal. My goal brings me into the direction of, taking action and implementing myself into the communities as a service to connect resources. I hope that we have the opportunity to work together to ensure the cultivation of unconditional worth in community and beyond.

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# ACHIEVE IT TO BELIEVE

Goals For City Lyfe Inc.

## Lets Us Be Specific About Achievable, Timely, Measurable & Realistic Goals.

In order to become more resourceful, we are collecting data through our resource club. So today, we ask if you wish to be a resource to your community through advertisement or services (i.e, business organizations, internships, etc). Please let us know how you would like to share the contents of your resources via our website [www.citylyfe4u.com](http://www.citylyfe4u.com).

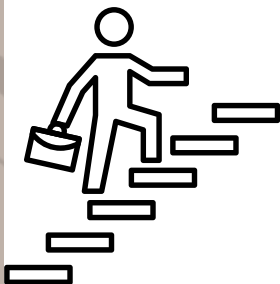
As a thank you for our service we ask for a donation of \$20 or more to help us reach our goal of \$10,000 by June 2023. The proceeds collected for the service is to assist with the build of City Lyfe Inc. Resource Club. By working with our community's teens and young adults for the next 6 months, we hope to cultivate unconditional self-worth, while achieving the following goals by helping them find their home in community.

**GOAL!**

### Goals

- Locate a storefront to operate daily services.
- Take advantage of our free community resources implemented by past city planners.
- Implementing internship program services through the Creative Arts Hub within Junior High and High Schools throughout NYC to share resources.
- Assist with creating partnerships for SYEP and other youth geared programs.
- Allocate funds to assist Resource Club team members to earn money towards college tuition.
- Collect books from college alumni to redistribute to incoming and returning students.
- Create a press team to collect and redistribute 50 resources per month.
- Provide preventative after-care service through the Creative Arts Hub for Rikers Island's Young Adult Incarceration Program.
- Assist retirees with identifying ways to be a resource to their community.
- Encourage the significance of practicing honesty and integrity through community resources particularly notarial services.
- Becoming the city's official resource collection service.

Once again, on behalf of our current and future City Lyfe Inc team we say Thank You for your donation and we look forward to sharing your resource with our ever growing community.



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# Future City Planners

By: Jamila C. Salmon & Team

Personal Research for Community Development

## Established

Business Bank Account  
Business EIN  
Business Corporation for Correctional Health Services

## Logo

## Website

www.citylyfe4u.com

- independent web build with GoDaddy platform
- independent research for model and design
- Social Media

## Mission Statement

; to provide professional guidance to build character trait such as integrity and discipline. Emotional/ Physical/Intellectual /Meditation

## Motto

; Future City Planners "Let's make something out of Nothing"

## Objective

; Correctional Health Services for preventative and alternative care for persons in transitional stages facing hardships.

## Goals

; the primary goal is to cultivate unconditional self-worth within communities impacted by hardships that present barriers in the lives of individual and family in transitional stages through performing arts and creative writing.

By implementing the idea of understanding self-worth will allow the individuals to gain understanding creating boundaries and outline goals that assist with maintain boundaries. Practicing mindfulness while applying methods of art therapy to assist with the maintenance of a more conscious mind.

## Team

;our team currently includes:

### Creative Director & Founder Forensic Psychology Researcher.

Jamila Carmen Salmon

### Finance Liaison

### Expert Accountant

Naudia Reid

### Event Manager

### Community Research Coordinator

Shantrese Fuller

### Urban City Planner & NYC Historian

Christopher Donovan Todd

### Local Business Connection

- tax and accounting services
- rental property and housing
- physical health and wellness
- technology and graphics

### And a Special Thank You to

; all donation collected over the years' time, through a specific event; for a specific service; or just to acknowledge our personal wellbeing in community. We thank you and continue to give thanks through City Lyfe Inc.

### Contract w/ Visual Director

Holden Powell

### Contract w/ Assistant Director

Chantel Bell

### Interns;

Hermoine

Jonathan

(We could use some more help.)



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## Demographics

although we hope to nurture the idea of unconditional self-worth with community our primary focus for the next 4 years is to focus on the individual ages 14-18 years. Those particular individual's social skills and problem-solving skills were impacted the hardest during Spring of 2020 to Spring of 2022. And knowing that our community has already acknowledged the issues allows me to believe there more room for change and the only way will get it is by working together to maintain the importance diversity particularly taught through education of cultivating unconditional self-worth.

; young adults, adults

; persons of West Indian/Caribbean Decent, persons of Hispanic Decent, persons of European Decent; persons of Asian Decent

; Immigrants; Deportees

; mental health & substance abuse

## Services for Educational and Physical & Mental Health

; the Resource Club:

will provide a safe space for individuals to come and learn and teach the importance of exchanging information (i.e.; book exchange service; beverage and service training; access to Creative Arts Hub and Public Service Directory).

; the Creative Arts Hub:

will provide transitional assistance through art therapy to assist said individual with the understanding of maintenance and how it creates financial stability(i.e.; creative writing and visual art therapy).

; the Public Service Directory:

will provide the community with access to information that will allow them to appropriately provide for their family and community (i.e.; service knowledge in; Notary Public; Accounting & Tax Services; Immigration & Public Safety Directory and Consulting).



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