

THE (RE)SOURCE

Our Featured Non-Profit for the Quarter



Their mission is dedicated to the development of a diverse population of youth and young adults; including low-to-moderate geographic areas, to cultivate educational exposure and opportunity to build positive perspectives of life with an emphasis on higher education, economic and community development. They offer: Community Mentorship Program, My Sister's Mirror Program, (FLS) Follow, Lead, Succeed. Accountability, Workforce Services - Job Training and Placement, and much more.

Learn more at: <https://www.aeyleadership.org/>

LIFTR&R Contact Info

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What's on The Inside

Attitudes and Attire

A Motivating Love

HOPE CLINIC

What's Going On?



Attitudes and Attire out of Dallas Texas at the World Trade Center.

Their programs focus on providing the tools you need to raise self-esteem, promote ethics, and build the confidence necessary to succeed in the workplace. They have served over 25,000 clients since 1996 and counting. Over our two decades, they have aimed to empower women from all walks of life and continue to develop additional programs to this end.

They currently offer three programs to our clients: Core Program, Hopeful Smiles™, and Boots to Heels®. Their Core Program focuses on job readiness, by providing women the skills and confidence to join the workforce. This is complemented by our in-house boutique that provides clients with professional attire and accessories. Their Hopeful Smiles™ program is dedicated to providing free dental care for clients whose smiles have been damaged by poverty, neglect, violence, and illness. Their Boots to Heels® program works with female veterans, spouses of veterans and first responders to provide a unique approach for women transitioning from military to civilian life. To find out more, please visit their website at <https://attitudesandattire.org/>



You Are NOT Alone

At A Motivating Love, they are a support system helping women embrace and find their inner strength. With their educational and motivational events, they promote your self-acceptance and empowerment to the next level.

To find out more, please visit their website at <https://www.amotivatinglove.org/>



Hope Clinic of McKinney is a free medical, vision, and behavioral health clinic serving low-income uninsured Collin County families. We share the love of Christ by partnering with our community to provide quality, compassionate health care by licensed, volunteer doctors and nurses.

Primary Care, Allergy, Asthma & Immunology, Women's Health Pediatrics

Cardiology Physical Therapy Occupational Therapy Counseling

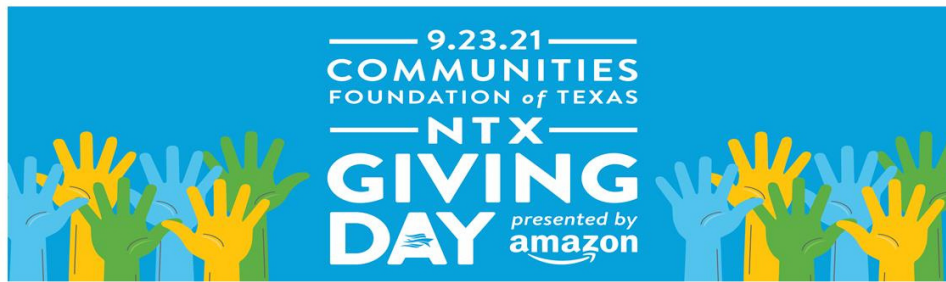
Optometry Pain Management Neurology

Prescription Assistance

To learn more about Hope Clinic please visit their website

<https://hopeclinicmckinney.org/>

What's Going On?



Mark you calendars!

This year, on Thursday, September 23, 2021, LIFT R & R is participating in Communities Foundation of Texas' NTX Giving Day, a one-day online giving extravaganza for our whole region.

Last year, Communities Foundation of Texas brought together over 3,200 organizations to raise \$58.8 million, and we are excited to be a part of the movement this year! Since its founding in 2009, NTX Giving Day has inspired people to get up and give, resulting in increased donations and services provided in North Texas. We invite you to join the movement on September 23.

Here's how you can help:

1. Get up and give on September 23! Your gift matters! On September 23, if you donate to LIFT R & R on NorthTexasGivingDay.org between 6 a.m. and midnight, your dollars will be stretched with matching funds from LIFT R&R Board, plus bonus funds and prizes raised by Communities Foundation of Texas! Not available on September 23? No worries! Make your gift early between September 1 and September 22! https://www.northtexasgivingday.org/nonprofits?keyword=L.I.F.T.+&_rs=1309804102

2. Spread the word! Spread the word to your friends and loved ones about LIFT R & R and NTX Giving Day! Encourage your friends and family to get up and give as well! Communities Foundation of Texas is even offering a prize for the social media post that's shared the most! **3. Follow us!** Follow our social media www.facebook.com/lifresourcesandreferrals/, Instagram: [L.i.f.t.randr](https://www.instagram.com/lif.t.randr/), and our website @ www.liftrandr.org to stay up to date on NTX Giving Day! For more information on NTX Giving Day, visit NorthTexas-GivingDay.org!

For more information on how you can help our organization on NTX Giving Day, please reach out to us: liftresources1@gmail.com - (518) 551-6715 Thanks,



Rolanda Macharia,
Founder and CEO

Another Man's Treasure - October 23, 2021

The focus of this event is to help those in poverty by GIVING AWAY donated new and gently used clothing, household items, furniture, toys, etc. to socioeconomically challenged families. We are very excited about this opportunity to serve our disadvantaged population and we are in full swing in preparation for this event! We're collaborating with other local nonprofits to have not only physical giveaways but practical takeaways such as free resources for children, teens, and families.

This event is exclusive to families referred by McKinney nonprofits already working with the underprivileged population to ensure that the needs of people who genuinely are in need are the recipients.

Nonprofits wishing to collaborate, refer clients or volunteer, and sponsors wishing to give donations to this event please contact L.I.F.T. R&R at 518-551-6715 or email us at liftresources1@gmail.com.

We are now accepting the applications for Another Man's Treasure for the 40 families we will be servicing on that date. The link has been provided below. We will close applications on 9/17 and the board will vote on the final 40 to be sent exclusive invites to the event. Please forward the link to any families in the McKinney area that you think may be a good candidate. <https://forms.gle/dHjB6wy3XTMwKMBE8>