

MAD*life*

MANIFEST A DELIVERANCE FOUNDATION, INC.

ORIGINATED IN 2016

ESTABLISHED IN 2017

GEORGIA CERTIFIED 501C3 FOUNDATION 2021

FEDERAL TAX-NUMBER / EIN 87-1479497

BUSINESS BANKING PROVIDED BY WELLS FARGO

HOME OFFICE - BRUNSWICK, GEORGIA

WWW.MYMADLIFE.ORG

MAD4FREEDOM@GMAIL.COM

ABOUT MAD

VISION - To motivate ALL people to get MAD the right way through healthy cycles

Release - Relax - Receive

Release what you've been holding, **Relax** in an environment of healthy mindset changes, in order to **Receive** all that life has to offer you!

MISSION - The mission of the MAD foundation is to connect people from different backgrounds with different beliefs who desire the personal goal to become successful.

Designing a personal plan for success in a relaxed healthy environment that releases information necessary to receive the manifestations of personal goals.

MAD has the mission to manifest people, strengthen families, build better businesses (small + corporate), encourage higher education, connect with spiritual organizations, and assist higher level authorities.

PROGRAMMING

AREAS OF FOCUS

- **EMPOWERMENT** - Life Skills + Self Development + Self Healing
- **COMMUNITY** - Domestic Violence + Breast Cancer Awareness
- **WELLNESS** - Community Appreciation + Outreach + Healthy Living
- **EDUCATION** - GED + Non-Traditional Education (ages 17 to 20)

MONTHLY MAD MEETING MATTERS

JANUARY: MADgoal MEETING FOR WOMEN

FEBRUARY: MAKEOVER MADness

MARCH: GROWING IN YOUR THINKING (Hosted by Angel)

APRIL: MADlife FAMILY EXPO (Hosted by Deborah)

MAY: LET IT GO (FINDING COMFORT WITH YOUR PAST)

JUNE: COMMUNITY OPEN MIC

JULY: MADiversary

AUGUST: MADmoney MOVES (Hosted by Felisha)

SEPTEMBER: SPIRITUAL GROWTH (Hosted by Hashondra)

OCTOBER: MAD About Domestic Violence

NOVEMBER: MADlove (Hosted by Angel)

DECEMBER: The Well Woman - MADhealth Women's Expo (Hosted by Angel)

COMMUNITY THANKS RECIPIENT CATEGORIES

- Bereavement & Grievors - Angel
- Educators - Felisha
- Law Enforcement - Hashondra
- Children ages 5 to 12
- Veterans Day (Memorial Day)
- Men (Men's Health Month)
- Citizens with Disability (Disability Pride Month)
- Teens ages 13 to 19 - Angel
- Elderly (Grandparents Day)
- LGBTQ (Pride Month) - Hashondra
- Homeless (Homeless Youth Awareness Month) - Deborah
- Diabetics - Felisha

2024

STANDARDS

DIFFERENT BACKGROUNDS

DIVERSITY - To create a respectful, inclusive environment that is inviting to those of diverse backgrounds that include various ethnicities, ages, genders, sexual orientations, and socioeconomic statuses.

DIFFERENT BELIEFS

FREEDOM - Everyone will have the liberty to profess one's belief as we work together for the common goal.

SAME GOAL

SUCCESS - Everyone will set clear goals that will influence, motivate, and increase one's performance to manifest successful individuals and a successful foundation.

JANUARY 2024

EMPOWERMENT: SELF DEVELOPMENT

MAD Goal Planning: A meeting designed to help maintain focus on life goals by creating a personalized planner. Motivation and positivity implemented through open discussion over great food and drinks with other women.

TARGET: 25 women, ages 21+

GOAL

- Provide 25 women with proper strategy and tools to create SMART goals
- To educate and assist women on the importance of an organized vision
- Provide 25 women with customized MAD branded planners
- Provide personalized feedback and perspective on goals, plans, and dreams

FEBRUARY 2024

EMPOWERMENT: LIFE SKILLS

Makeover MADness: A meeting designed to improve physical attraction and appearance to improve confidence and mindset visuals of oneself through apparel, beauty, and professional photography, utilizing small businesses. Motivation and positivity are implemented through open discussion with invited professionals and relatable vendors while enjoying healthy food and drinks with other women who are seeking a better lifestyle.

TARGET: 25 women, ages 21+

GOAL

- To enhance the outer appearance of 25 women through hands-on workshops led by beauty and fashion professionals
- To educate and empower 25 women on how appearance is linked to mental health
- To build social skills and confidence in the daily lives of 25 women
- Educate 25 women on how to achieve desired looks on any budget

MARCH 2024

EMPOWERMENT: SELF-HEALING

Growing in Your Thinking: A meeting designed to bring awareness to how we think and what can be done to improve our thinking. A reminder of how to think in healthy cycles by releasing, relaxing, and receiving. Motivation and positivity implemented through open discussion in a relaxing environment.

TARGET: 25 women, ages 21+

GOAL

- To provide 25 women with mentally stimulating resources for growth with a chance for networking opportunities
- Provide a safe environment for women to release, relax, and receive information about healthy mindsets
- To provide 25 women with stimulating activities surrounding the idea of growth and success
- To provide a rigorous forum of conversation for reviewing growth goals and how to obtain results, and finding the best-growing hacks to implement

APRIL 2024

EMPOWERMENT: LIFE SKILLS

MAD Family: An expo event designed to bring families together to enjoy books, fashion, and music. This expo will also encourage reading in the home, confidence in oneself, and freedom in the expression of dance and song to obtain a more positive outlook on life and the challenges that life comes with. This event also promotes the No Violence: Just Love campaign in partnership with NORMAL.

Community vendors are welcomed (Informational vendors are free | For-profit vendors pay fee of \$10 | Max 100 Vendors)

TARGET: OPEN TO THE COMMUNITY

GOAL

- Provide a swag bag with family activities, goodies, and reading material for 100 families
- Provide families the opportunity for creative expression through the arts
- Provide an environment of family-friendly activities to build togetherness through physical and mental stimulation
- Provide therapy through interactive art and animal care/participation
- Provide community vendors the opportunity to share information, products, and services
- Provide information and resources about MAD Stop The Violence Campaign for the families in the community

MAY 2024

EMPOWERMENT: SELF-HEALING

Let It Go: Finding Comfort in Your Past: A meeting designed to address an issue from the past. Once addressed, formulate a plan to let go of that issue for progression in life to continue or take place. A reminder of how to use the cycles of releasing, relaxing, and receiving to find comfort and wisdom on moving forward. Motivation and positivity implemented through open discussion over food and drinks.

TARGET: 25 women, ages 21+

GOAL

- To create an environment of safe release from one's past pains
- To educate 25 women on beneficial strategies to release stress
- Create an experience of release that creates a mental memory of the transition
- Provide a therapeutic session with a professional therapist to assist the women in creating their plan for mental freedom

JUNE 2024

EMPOWERMENT: SELF-HEALING

Open Mic: Release of Self Expression: A meeting designed to create a platform for a variety of artists, ages 21+ to release through different forms of art such as music, poetry, dance, painting, one act, and more. Motivation and positivity are implemented through open acts and the receiving of positive or enlightening messages from each performer. Meeting attendees will have the opportunity to speak about each performance in an open discussion organized manner.

TARGET: OPEN TO THE COMMUNITY, ages 21+ | Mature Event

GOAL

- Provide a platform for participants to express themselves in a creative way
- Provide a positive environment for open dialogue to provide people with honest feedback
- Provide an environment for people to release their stressors and worries within a safe space
- Provide a space for networking and connections through a positive environment of 'release, relax, and receive'
- To provide a scholarship to a queer woman of color to attend Womxn of Color Weekend 2024 (www.wocw.org)

JULY 2024

EMPOWERMENT: SELF DEVELOPMENT

MADanniversary: Review + Reflect: A meeting designed to reflect on the past year(s) of the MAD Foundation. Motivation and positivity implemented through reflections and preferences in a formal banquet setting. Guests will be asked to dress formally, and the event will end with an evening of celebration.

TARGET: MAD Members and invitees only

GOAL

- To provide a safe space for most of the attendees to share and reflect on personal growth throughout the year
- Provide a platform for MAD women and members to share their personal goals and achievements
- Provide women and guests a way to honor and normalize self-celebration
- Provide a formal presentation for new Blue Heart member inductees
- To recognize community sponsors and partners

AUGUST 2024

EMPOWERMENT: LIFE SKILLS

MADmoney Moves: A meeting designed to create a financial plan, to aid women in setting long and short-term life goals for a better financial future. Motivation and positivity implemented through making a financial plan to meet your personal goals. To educate and empower families to become financially independent.

TARGET: 25 women, ages 21+

GOAL

- Provide 25 women with a personalized financial plan for the year
- Provide a packet of informational material/resources
- Assist 25 women with budget education
- Partner with local financial businesses and organizations

SEPTEMBER 2024

EMPOWERMENT: SELF-HEALING

Spiritual Growth: All beliefs are welcome. The MAD organization will not persuade a particular belief. Our goal is to help bring awareness to where you are in your personal growth. IF YOU SEEK DIRECTION, the MAD organization will direct you to the proper organization and/or leader. Motivation and positivity implemented through open discussion over healthy food and drinks in a relaxing, safe environment.

TARGET: 25 women, ages 21+

GOAL

- To provide 25 women with various forms of resourceful information on different perspectives for spiritual development
- To help women relearn on a deeper level to form their own spiritual path
- To provide a platform for diverse people of different backgrounds to learn about one another in a safe space
- To introduce different spiritual perspectives to women who do not know and/or understand what spiritual identity is

OCTOBER 2024

EMPOWERMENT: LIFE SKILLS

MAD about Domestic Violence: Motivation and positivity implemented through a virtual event to bring awareness to domestic violence through the release of a MAD Film: MAD About Domestic Violence Awareness and Education

Breast Cancer Awareness MAD has incorporated a special section in our film for the ones who have crossed over and those still fighting.

TARGET: Ages 21+ | Worldwide | Mature Film

GOAL

- To educate and provide resources worldwide about the importance of Domestic Violence and Breast Cancer Awareness
- To bring awareness to local businesses and provide an invitation for them to be actively involved in the MAD DV platform
- To provide a platform for artistic expression to bring awareness about DV
- To provide a special presentation to acknowledge people who are DV survivors and/or those who have passed
- Be actively involved in events centered around Breast Cancer awareness
- Provide transportation to mammogram appointments
- Provide one scholarship to a Domestic Violence Survivor

NOVEMBER 2024

EMPOWERMENT: SELF DEVELOPMENT

MADlove: A meeting designed to assist with relationship advice and to determine personal goals in love. Motivation and positivity are implemented through open discussion in a unique atmosphere outside of Brunswick (Annual MAD Trip). Itinerary pending location.

TARGET: 25 women, ages of 21+

Free event for Active MAD members (Must have attended four previous MAD meetings + one community event in 2024 | Trip Fees assessed for all other individuals)

GOAL

- Provide 25 women with personalized perspective and counseling on relationship goals, whether family, friends, or significant others
- Provide a safe environment for freedom of shared opinion about love
- Provide a free trip for active MAD members
- Provide a planned trip for non-members
- Provide a discount to active MAD supporters

DECEMBER 2024

EMPOWERMENT: SELF DEVELOPMENT

MADHealth - The Well Woman Expo: An expo designed to assist the everyday woman with being well in her mind, body and soul. Motivation and positivity are implemented through a panel discussion with qualified professionals, women-led vendor booths, and interactive activities to restore, inspire and educate. Healthy foods and drinks are served in a relaxing, “judgment-free” environment.

TARGET: 75 women, Open to Public

GOAL

- Provide 75 women with proper education and resources for a healthy lifestyle
- Provide 75 women with interactive activities to improve health
- Provide 75 women with resources and advice from qualified professionals
- Create a unique environment that stimulates positivity to benefit themselves and their families

WELLNESS "MAD IN THE COMMUNITY"

COMMUNITY THANKS

GOAL

- Provide selected recipient(s) with a "Thank You Box" to include a cup, journal, keychain and T-Shirt
- Document services provided
- Photo | Media Announcement

COMMUNITY OUTREACH

GOAL

- Provide outreach recipients with requested needs in the form of any service
- Document services provided
- Photo | Media Announcement

QUARTER ONE | JANUARY - MARCH

Queen Diva of Brunswick, Georgia

Business Mixer hosted by Curtiesha Holmes

QUARTER TWO | APRIL - JUNE

Habitat For Humanity

Habitat for Humanity is a nonprofit organization that helps people in your community and around the world build or improve a place they can call home.

We will participate in local build projects for community service, and assist with volunteering inside the ReStore Warehouse

QUARTER THREE | JULY - SEPTEMBER

Adopt An Elder Initiative

Hosted by Wendy Brown

QUARTER FOUR | OCTOBER - DECEMBER

The Living Vine of Savannah, Georgia

Mission: We are a Christ-centered program providing protection, provision, and preparation to empower pregnant women in crisis to make successful life choices.

Vision: Transforming generations by promoting and supporting the value of life in a Christ-centered environment.

www.thelivingvine.org

"MAD EDUCATION"

BLU-ED - Building Leaders with Untraditional Education

MADgrad - Untraditional and Homeschool Education | Georgia-Curriculum Based

A maximum enrollment of four (4) active participants (One per Target Area).

Quarterly Scholarship Recipients Target Areas

Q1 **B - Entrepreneurship | Business Related**

Q2 **L - Community, Government, or Political Leadership**

Q3 **U - Military, Job Corps, Trade School, etc.**

Q4 **E - College**

TARGET: Individuals between ages of 17 - 20

GOAL

- Create a customized plan of action
- Scholarships per quarter (set pending funding cost of the custom plan)
- Obtain Georgia high school diploma through untraditional education or GED
- Chart the progress of the action plan
- One-on-one follow-ups three months after completion of the action plan

BLU-Ed and MADgrad participant stipulations:

- Three-year MAX enrollment
- One Scholarship per year
- Re-entry is determined on a case-by-case basis