

REBUILD YOURSELF INC



In-Kind Giving & Engagement Packet

Different Ways to Give, One
Powerful Mission

mental
health
matters

TABLE OF CONTENTS

Introduction	3
Why Partner with us?	4
Partnership Tiers	5
Partnership Contact	6



INTRODUCTION

Mission:

We provide peer support to adolescents utilizing our three core principles: Embrace - Expand - Empower. This provides self-esteem, confidence, and a deeper understanding of empathy between peers that may feel misunderstood.

About Us:

Rebuild Yourself Inc. is a 501(c)(3) nonprofit organization committed to empowering adolescents through intentional peer support, mentorship, and social-emotional skill building. We exist to provide a safe, inclusive space where teens can thrive—emotionally, mentally, and socially, regardless of their background or life circumstances.

Our mission is to nurture confidence, self-awareness, and resilience in youth by offering interactive, trauma-informed programs that blend life skills development, leadership training, and meaningful connections. Whether it's through virtual wellness sessions, creative expression workshops, or one-on-one peer mentoring, our teens gain tools to navigate the challenges of adolescence with strength and purpose.

We serve a diverse community of young people including those impacted by chronic illness, trauma, or social isolation—through accessible, free programming that meets them where they are. Every activity is designed not only to support personal growth but to foster a lasting sense of belonging, self-worth, and empowerment.

At Rebuild Yourself Inc., we believe every teen deserves the chance to rebuild, rediscover, and rise. We are here to walk alongside them as they grow into the confident, compassionate leaders of tomorrow.

Why We Do What We Do?

Teen mental health is in crisis. According to the CDC, nearly 1 in 3 high school students report experiencing poor mental health, and 1 in 5 have seriously considered suicide. Many teens—especially those facing chronic illness, social isolation, or economic hardship—struggle in silence without access to affordable, youth-friendly support.

At Rebuild Yourself Inc., we believe mental wellness should be free, fun, and accessible to every teen. That's why we create safe, interactive spaces where young people can express themselves, connect with peers, and build confidence through creative programming, virtual sessions, and meaningful peer-to-peer experiences.

We're not just responding to a problem—we're building a movement of hope, healing, and empowerment, one teen at a time.





Why Partner with us?



A Transformative Partnership

Partnering with Rebuild Yourself Inc. means joining a mission-driven movement that uplifts teens through intentional mental wellness programs, creative expression, and authentic peer-to-peer support. We serve adolescents across Central Florida—especially those who are underserved, medically vulnerable, or navigating trauma—through inclusive, trauma-informed programs that are completely free for families.

Our year-round work includes virtual wellness circles, leadership development workshops, hospital-based support sessions, and mentorship programs that address the social, emotional, and developmental challenges teens face today. Many of the youth we support are managing chronic illness, anxiety, depression, grief, or isolation, often without access to traditional care or support systems.

We're calling on individuals, families, and community partners to get involved in meaningful, non-monetary ways—by volunteering time, donating supplies, or offering services that directly fuel our mission. Whether you lead a teen session, contribute healthy snacks, donate art materials, or lend your skills as a guest speaker or creative collaborator—your impact is real and immediate. This is more than a one-time contribution. It's a chance to be part of a community that believes in building a stronger, healthier, and more resilient generation. Together, through small acts of kindness and generosity, we can create safe spaces where teens feel seen, heard, and supported—one session, one smile, one breakthrough at a time.



To Our Extraordinary Community Partners

Your support is more than a kind gesture, it's a lifeline of hope, empowerment, and possibility for the teens we serve across Central Florida. At Rebuild Yourself Inc., we believe in meeting young people where they are and walking beside them as they discover their strength, their voice, and their future. Thanks to your generosity, in time, talents, supplies, and care—that vision is not only alive, but also thriving.

Because of you, we've been able to provide free, accessible programs that create safe spaces for teens to connect, grow, and heal. Whether it's through volunteering during a wellness session, donating materials for a creative workshop, or contributing snacks for a hospital visit, your support directly impacts the lives of young people who need it most.

On behalf of every teen whose life has been touched by your kindness—thank you. You are not just a donor. You are a partner in transformation, a champion of mental wellness, and a vital thread in the community fabric we're weaving together.

We look forward to all we will continue to build hand in hand, heart to heart.

Cynthia Borquing

Founder of Rebuild Yourself Inc
Cynthia@rebuildselfcare.com

Ways to get involved

We offer a variety of in-kind giving opportunities tailored to match your organization's strengths, resources, and desire to make a meaningful impact. Whether you're donating supplies, volunteering your time, providing meals, or lending professional services, every contribution helps us build a stronger support system for teens.

Each giving category comes with meaningful recognition from digital shoutouts and social media spotlights to visibility in community events and printed materials. By choosing a way to give that aligns with your mission, you're not just supporting teen mental wellness, you're joining a movement to uplift, empower, and connect youth in powerful, tangible ways.

HEART & HANDS PARTNER

Ideal for: Individuals or groups who want to give their time and presence

- Name featured in our monthly newsletter
- Volunteer appreciation spotlight on social media
- Certificate of service hours (Great for schools or groups)

WELLNESS WARRIOR

Ideal for: Businesses or individuals offering food, hygiene kits, or comfort items

- Thank-you tag on social media posts with event photos
- Logo/Name displayed at sponsored event (Digital or physical signage)
- Inclusion in annual donor thank-you list

CREATIVE CHAMPION

Ideal for: Businesses, artists, educators, or store that can contribute supplies

- Social media feature showing how items were used
- Logo/name included in program materials
- Invitation to observe or visit a session (When possible)

IMPACT ADVOCATE

Ideal for: Experts and professionals who want to contribute services or training

- Spotlight story in our newsletter or blog
- Custom thank-you certificate
- Verbal recognition during programming (when applicable)

To facilitate a seamless and flexible partnership, in-kind contributions can be coordinated based on your organization's capacity and timing. Whether you're donating items, services, or volunteer hours, we work with you to schedule deliveries, engagement dates, or service timelines that align with your internal planning. We're happy to customize pickup logistics, acknowledgment timing, and recognition efforts to ensure a smooth and impactful collaboration.



Thank You for Considering Partnership

Next Steps

We are truly honored by your thoughtful consideration of partnering with Rebuild Yourself Inc. Your willingness to give time, resources, or services to uplift teens and create meaningful change reflects the very heart of our mission. By joining us, you're not just contributing materials or volunteering your time—you're investing in brighter futures, stronger minds, and the next generation of changemakers.

If you have any questions or would like to explore a customized in-kind partnership aligned with your values and strengths, we'd love the opportunity to connect. Your support is more than a contribution—it's a spark that ignites confidence, resilience, and transformation in the lives of young people.

Thank you for being a catalyst for change. Together, we can build something truly extraordinary.

Rebuild Yourself Inc

11954 Narcoossee Road

Orlando, FL 32832

(833) 579-4333

Cynthia@rebuildselfcare.com

