



Vicky Garalina <vgaralina@inspiringfutures.us>

Together We Break Cycles.This Giving Tuesday Starts with You

4 messages

Vicky <vgarafola@inspiringfutures.us>
Reply-To: Vicky <vgarafola@inspiringfutures.us>
To: Vicky <vgarafola@inspiringfutures.us>

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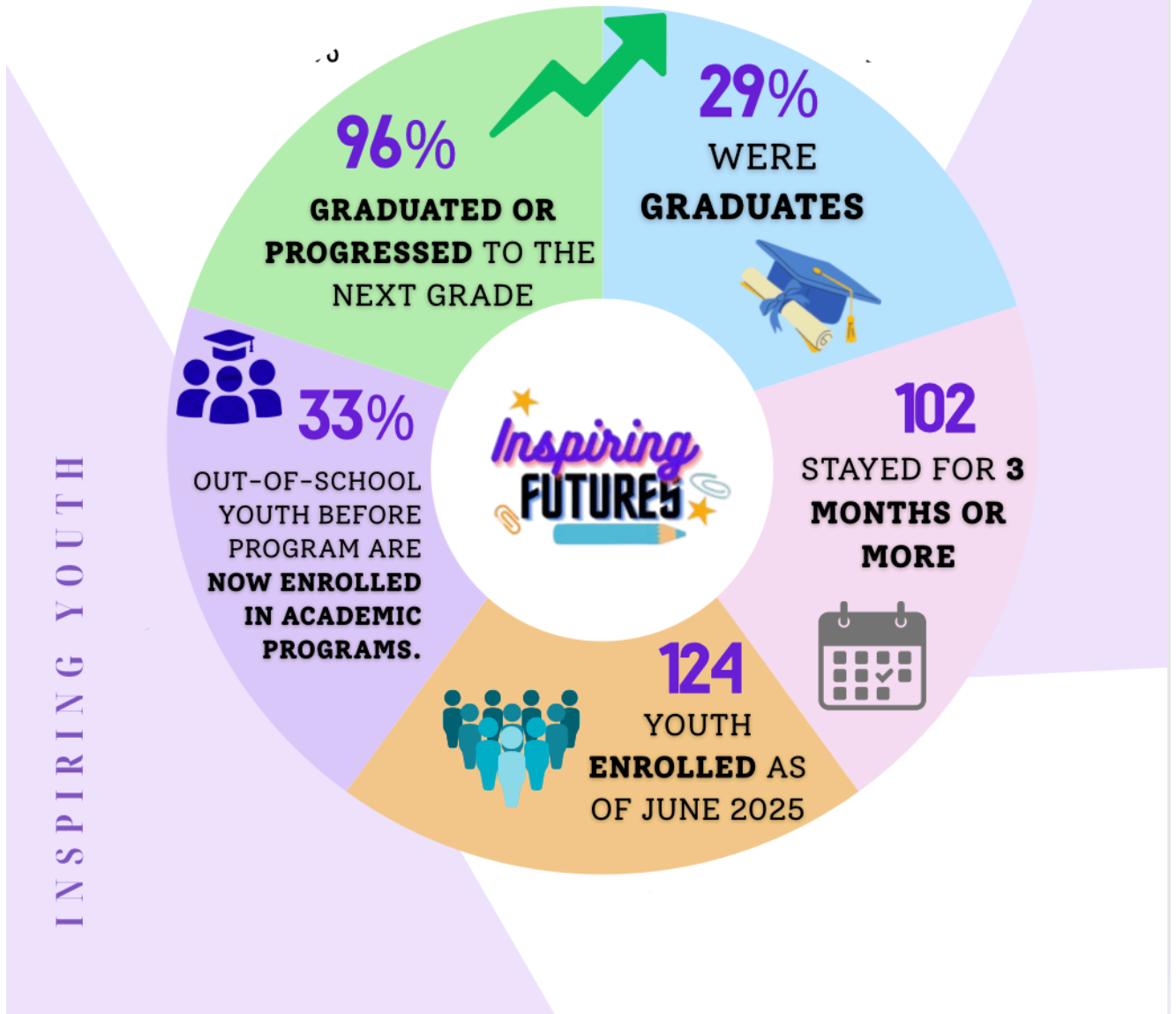
DONATE TO INSPIRING FUTURES THIS GIVING TUESDAY!

INSPIRING FUTURES

19 NOV. 2025

THE EMPOWERMENT CHRONICLE

CELEBRATING GROWTH, ACHIEVEMENT, AND COMMUNITY IMPACT



INSPIRING YOUTH

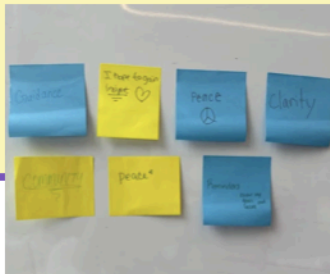


PROGRAM OFFERINGS

Inspiring Futures strives to improve high school and college graduation rates for child welfare and juvenile justice involved youth by offering **free mental health therapy, educational services, and by training support systems.**



Mental Health Support



Trainings



Outreach and Academic Coordination



In this newsletter you will find:

Latest projects, workshops, free resources, and more. Keep Reading!



Student Success Spotlight

RIISING TO NEW HIEGHTS



Dahmya M.
Class of '28

Dahmya's journey with Inspiring Futures is a powerful story of growth, resilience, and transformation. She was first connected to the organization through her high school counselor during a time when she was struggling academically, emotionally, and socially. Balancing school, part time work at Trader Joe's and

the pressures of navigating bullying left her overwhelmed and eager to escape high school as quickly as possible.

Through consistent support from Inspiring Futures staff—especially Vicky and Amy—Dahmya learned how to build healthier routines, manage stress, and create a balanced life. They helped her develop time-management skills, emotional awareness, and confidence, while also encouraging her to strengthen her relationships with family and take care of herself.

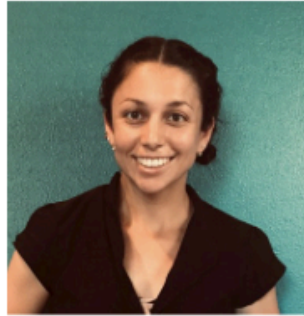
Today, Dahmya is a thriving college student at Baruch College, majoring in Marketing after realizing Computer Science wasn't for her. She's excited about her future and hopes to study abroad in Japan next year. She has become more confident, centered, and intentional—embracing positivity and wanting to extend that same kindness to others. Inspired by her experience, she has even started a donation initiative at her job to support her local community.

Dahmya describes Inspiring Futures as an anchor during some of her most challenging moments, providing emotional support, academic guidance, and critical resources—including help navigating tuition barriers. She believes deeply in the organization's mission and encourages others to support Inspiring Futures because of the life-changing impact it has had on her and so many others.

Meet The Team

Vicky G.

Executive Director



Khadijah B

**Academic & Outreach
Coordinator**



Amy C.

**Mental Health
Therapist**



Diana A.

**Mental Health
Therapist**



Shanique M.

**Mental Health
Therapist**



Welcoming New faces

Lytisha M.

**Mental Health
Therapist**



Lisa L.

**Mental Health
Therapist**





Future Ready

At Inspiring Futures, we create workshops designed to improve individuals' quality of life. Some of the workshops we've hosted include **Navigating Benefits, Education Pathways, and Job Readiness Parts 1 & 2.**

These sessions educate participants about various city benefits—financial, educational, and professional—equipping them with the tools they need to boost their skills, confidence, and opportunities for success.

YAB - Monthly Monday :

We recently launched a Youth Advisory Board of young people to make decisions about our organization's direction, and a summer internship to offer professional opportunities for young people.

Youth Advisory Board: Upcoming Projects and Developments

- ★ Establish a framework for the future operations of the YAB
- ★ Foster partnerships
- ★ Explore and Develop a Mentorship Program
- ★ Focus on Outreach initiatives, Social Media Engagement, Community Events, and Youth Activities

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Mental Health & Wellness Groups

Weekly group sessions provide a safe space to build emotional resilience by sharing experiences and learning coping skills together.

Did you know that feeling connected in a group actually releases natural mood-boosting chemicals in the brain, making healing faster and more lasting?

These sessions help reduce isolation, increase hope, and build confidence through shared understanding and support.



Giving Tuesday

Please consider donating to our cause. Your contributions, no matter how small, bring tangible support!

👉 Join us in making a difference! Donate here:



How You Can Help Power Our Mission:



Donate
Share
Volunteer

Thank you for supporting our mission, your support is invaluable.