

"My Story, Your Story, Our Hory"

Sponsorship Opportunities



About the Event

Join us for a transformative healing experience with Tamara Thomas, CEO and Founder of Transpire Wellness, and her team. The team at Transpire Wellness has committed themselves to improving the overall health and mental wellness in the communities that they serve. With locations in DC, MD and DE, the vision to transform and inspire individuals to find their best selves has been the core of the work they do and it has been life-saving and life changing.

"Healing through Storytelling" is a powerful way to support women in their journey to healing. So often, our stories and experiences become obstacles in our lives... "well it's time to change that," Tamara says. This event will empower participants to freely share their stories, and start their healing journey by identifying the inherent strength of self-determination to promote the change they want to see in their lives. You can change the narrative, start a new chapter and turn the page when you are given "The Space" to.









In this full day intimate "experience," women will hear true life stories from our panelists. Stories that we all share in many ways, stories of domestic violence, drug abuse, unhealthy relationships, sexual abuse and trauma and how they are working to break the cycle in their families and improve their mental health through therapy. Participants will be given the opportunity to weigh in on the conversation, share their own stories, and ask questions. Following lunch, participants will be led in their own "storytelling experience," through a journaling and story writing exercise.

The psychological, emotional, and mental scars that we carry in our stories can be heavy. Participants will leave the day with a deeper sense of where to start their own healing journey, challenging the narrative of negative beliefs and behaviors that promote unhealthy decisions and choices, and maybe even start their own therapy journey....

Audience

This event is open to any woman with a desire to heal! We are expecting up to 75 attendees - anyone interested in learning about how they can heal from the stories meant to weigh them down is invited.

Partners

This is a spectacular opportunity for corporations, advocacy groups, community organizations, and others that share Transpire Wellness' commitment to improve mental health outcomes in women who experience trauma

Sponsorship Levels

Platinum Level

\$1,500

- ½ page advertisement in the electronic program
- Logo placement on event marketing materials
- Access to email distribution list for registrants for future engagement

Gold Level

\$1,000

- 1/4 page advertisement in the electronic program
- Logo placement on event marketing materials

Silver Level

\$500

• Logo placement on event marketing materials



for your support

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For questions or more information, please contact:

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