

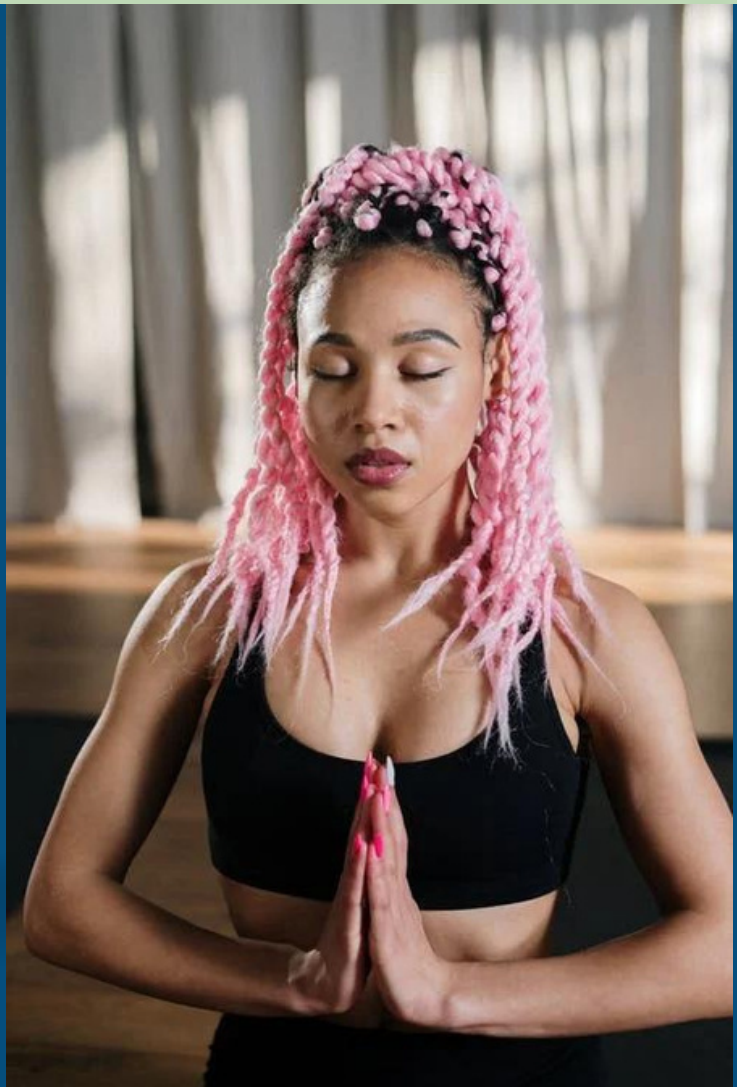


MOSAIC
GEORGIA

Wholeness Collective

PARTNERSHIP PROPOSAL 2023

*A proposal to partner
with Mosaic Georgia's
Wholeness Collective
program with an
established community
of organizations and
wellness providers
serving survivors of
violence*



PRESENTED BY :
Mosaic Georgia
2023



Wholeness Collective

Partnership Proposal - 2023

BACKGROUND AND MISSION

Since 1986, Mosaic Georgia has discreetly offered a “mosaic” of services to more than 13,500 kids and adults who experienced sexual violence, exploitation, trafficking, child sexual abuse, and similar crimes. The *Wholeness Collective* is a trauma-informed healing and wellness program enhancing Mosaic Georgia’s mission by extending care beyond our established crisis response period. Our goal is to encourage and support long-term healing and wellness.

**Recovering from a sexual assault or abuse is a process.
We want to help survivors on their journey...**

OPPORTUNITIES FOR PARTNERSHIP

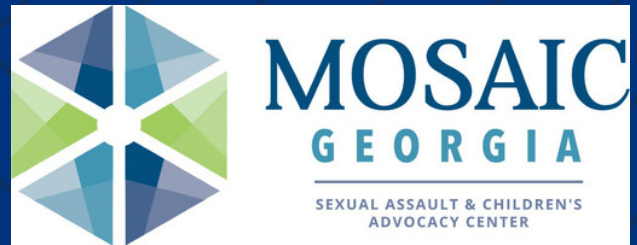
This proposal acknowledges a desire to develop a partnership for services, programming, and/or referral support from your organization’s mental health and wellness initiatives. Survivors of violence, crime, or abuse are at greater risk of experiencing additional victimization over the course of their lives. Whether the traumatic experience is acute or chronic, the brain and body reactions are altered.

The *Wholeness Collective* aims to intervene with engaging activities that facilitate the mind-body connection for personal growth and resilience.



Wholeness Collective

2022 LAUNCH REPORT



9
Yoga Classes

6
Sound Healing
Classes

5
Music Classes
for Kids

3
Finding Hope
Support Groups

1
Abuse Prevention
Workshop

24
Total Free
Classes in Q1

STATS FROM PROGRAM LAUNCH OCTOBER - DECEMBER 2022

According to registration data, 66 participants took part in the Mosaic Georgia *Wholeness Collective* launch in late 2022. 29 out of the 66 participants gave responses for the anonymous pre- and post- surveys. The pre-survey had a 44% response rate, and the post-surveys had 24% response.

HEALING FROM TRAUMA

Our unique approach focuses on connecting the “whole self” in the healing process. We define the “whole self” as the ability to bring all components of one's self -- what makes you... you -- to life to achieve goals and pursue dreams. We approach the “Wholeness Experience” through six (6) lenses: Spiritual; Physical; Emotional; Social; Intellectual; and Vocational.



7

Trauma-informed
teachers and facilitators

66

Total participants and
registrants

44%

Class survey response
rate

RESPONSES FROM PRE & POST SURVEYS

The following displays the average and percentage differences between the pre- and post- survey responses taken by 29 participants. A Likert scale was used to measure responses from surveyors for the following questions (Scale used: 1= Strongly Disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly agree). The averages of ordinal responses agreeing with stated questions are reflected on the left, The difference between the averages of pre- and post- results are shown on the right.

The days/time offered
worked well for my
schedule. **81%**

The office in Duluth
is convenient for me. **86%**

My facilitator/teacher
made me feel at ease. **94%**

My activity/class
felt safe. **94%**

Mosaic Georgia staff
treated me with
respect and were
sensitive to my needs. **100%**

I have a strong sense Of
wellbeing. **17%^**

I feel like I have a lot of
agency in my life. **28%^**

I feel good about where
I am in my healing right
now. **11%^**

I am aware of different
ways to heal from
traumatic experiences. **7%^**

I feel empowered to
create healthy lifestyle
changes. **8%^**

Rate your level of
self-esteem right now. **-2%**

The only decrease in respondent results. According to our mental health advisors, a challenge for participants in the area of self-esteem is to be expected as we address and unearth trauma through these activities.

Partnership Opportunities



Become a facilitator

Do you or your organization facilitate classes, workshops, trainings, etc. that support those healing from violence or abuse? Do you use trauma-informed methods?

Please reach out about contracting with Mosaic Georgia!



Refer us to your clients & network

Regularly work with clients who have experienced sexual abuse, violence, or other related traumas? We would love to partner with you in offering support to their healing journey. Please also share our resources with your networks engaged in similar work.

Join our *Wholeness Collective* mailing list to stay up to date!



Donate to the Wholeness Collective

Donations play a crucial role in the operations of Mosaic Georgia and our *Wholeness* program. There are many ways you can show support! From monetary contributions to in-kind donations (i.e. supplies, catering, spaces for events, etc.).

Discover ways you can give here!

Point of Contact

Ashia Gallo - Wholeness Collective Coordinator: ashiag@mosaicga.org

