



THE BELIEVER

October 2026 | I'm Hopeful: Building Resilience, Connection & Possibility

Hope can show up in all kinds of ways.

It can look like a child settling into the school year and discovering that support is close by. It can grow around a lunch table where students feel comfortable talking, listening, and connecting. It can be a teen learning how to navigate pressure and move forward.

Throughout September, **our school partnerships helped bring that support directly to children and families.** At Hutchison Elementary's Back-to-School Nights, Teen Ambassadors, community volunteers, and staff welcomed families and connected them with SBIM. At McNair Upper, our Social Emotional Learning sessions offered students opportunities to practice coping skills and build supportive relationships.

We also began another year of our Believers Programs and continue delivering over 200+ emotional support bags semi monthly, extending encouragement and practical tools beyond our sessions.

Through each experience, hope grew through connection, meaningful opportunities, and the reminder that children do not have to face challenges alone.



HELP CREATE MORE HOPE



Teen Ambassadors, community volunteers, and staff welcomed families back at Hutchison Elementary's Back-to-School Nights, strengthening our school partnership and connecting families with SBIM's support.



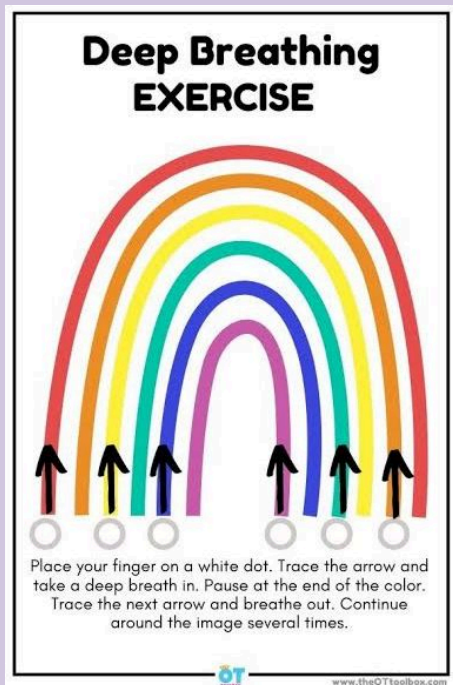
On a return visit to our dedicated partner, TIAG, teens explored resilience through a rubber band activity. They learned to recognize rising stress and use coping strategies before pressure reaches a breaking point.



"The rubber band activity showed me that it's okay to feel pressure sometimes. What matters is how you deal with it."



Kicking off a new year of Believers Teen Leadership with opportunities to connect, grow, lead, and look ahead with hope.

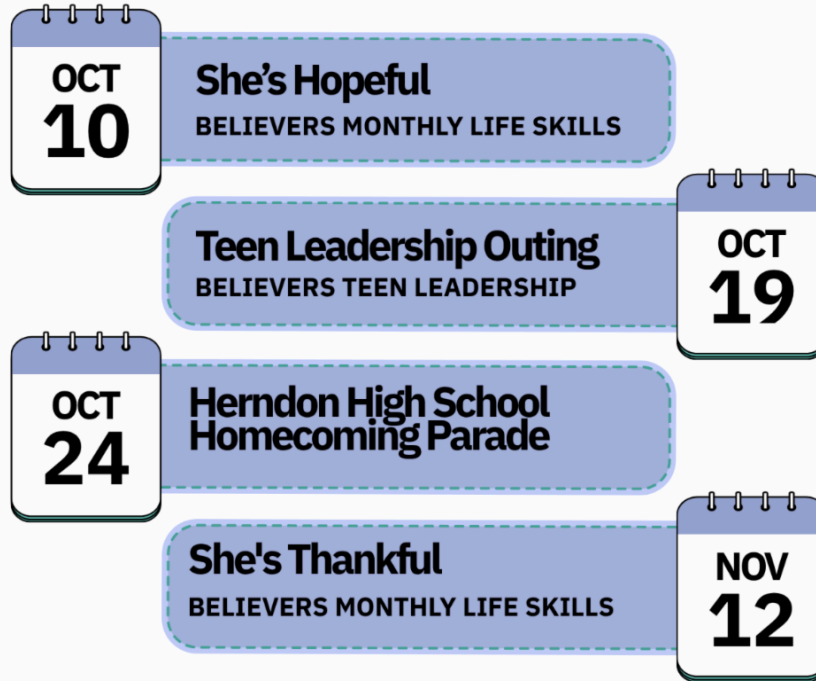


During our McNair Upper small groups, students practiced simple breathing techniques they can use to feel calm, manage big emotions, and approach challenges with greater confidence.



At a volunteer sponsored event at The Savoy, made possible by Maggie, SBIM program graduate Katherine shared her journey from participating in our programs to now attending college. Her story brought our mission to life.

UPCOMING EVENTS



[VIEW OUR UPCOMING EVENTS](#)

MOVE OUR MISSION FORWARD

For a child, Thanksgiving can be more than a meal. It can be a day of feeling **safe, connected, and surrounded** by people who care. It can become a joyful memory that reminds them they belong.

For many of the families SBIM serves, financial pressure can make creating that experience difficult. When a family receives support, caregivers can spend less time worrying about holiday expenses and more time creating meaningful moments with their children.

Make a financial gift or donate a grocery gift card to Aldi, Lidl, Giant, or another local store. Your support will help each family choose the foods and traditions that feel right for them.



Your gift will not simply fill a table. It will help create comfort, connection, and hope for a child this Thanksgiving.

CREATE HOPE THIS THANKSGIVING

Looking for another way to get involved? Explore upcoming volunteer opportunities, community partnerships, and ways your organization can support local children and teens.

EXPLORE OPPORTUNITIES

IN THEIR WORDS

“I learned that even when life gets hard, you can always find a way to bounce back.”

— Believers Teen Leadership participant



CREATE HOPE FOR A CHILD



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