



Funds Distribution Report

Recipient Organization:

Collide

Address:

1416 N State St
Bellingham, WA 98225

Contact:

(971) 238-4573
<https://www.wecollide.net>

Organization's General Goals:

Collide invites people of all experiences, stages, ages, and faith backgrounds, as imperfect or broken as they may be on their journey, to authentically run into Jesus; as He collides with them, they are forever transformed. Our values are something we live, not just something we teach.

Date of Award:

2022 Q2

Level:

\$2,501 to \$5,000

For more information, please read the attached report from Collide.

8802 27th Ave NE
Tulalip, WA 98271

TulalipCares.org

Collide 2022 Tulalip Cares Grant Follow-Up Report

Total Impacted in 2022: 2,011

<https://wecollide.net/>

Q2 2022 14.2

Last year, we received funding for Collide's Wholeness and Counseling Program as well as our Next Steps Programs and classes and were able to use the generous [REDACTED] donation to provide more counseling scholarships to women in need who were seeking to meet with a professional therapist. We were also able to connect women to community and support through a variety of classes and groups. We'd like to take a moment to thank you for your continued support over the years. It has enabled us to continue connecting women from the community with the help they need. Read on for some of the highlights of the past year!

Wholeness and Counseling Program Scholarships:

We continue to see an increased need for our Wholeness and Counseling Program, with more and more women coming to us who are struggling with broken marriages, suicidal ideations, depression, anxiety, strained relationships, the exhaustion of raising complex children and more. We were able to help connect 172 women with the resources they needed to pursue healing through counseling. In addition we were able to offer scholarships to 14 women to participate in counseling. Your grant allowed us to continue to meet women with this service.

One of the licensed mental health therapists who partners with us said, "Collide does an incredible job making counseling accessible for women. Through story, truth and practical help - women are invited to engage with their brokenness and find healing. Collide does this by sharing stories about women in counseling and the powerful impact of the counseling experience. They also resource women with a list of counselors and help pay for the first four sessions. All of these things reduce barriers of women and empower them to take the courageous step of seeking help through counseling. When women enter counseling, with the help of Collide, they are eager and expectant for change. They feel supported in the process and most continue in counseling even after the four "collide" sessions have ended. I believe more women are accessing counseling because of Collide's efforts. -KK"

As a staff we continue to desire to impact women in our community. In 2022, we continued to host in-person classes, conferences and a space where women can come and meet

one-on-one or in a group Bible study. Following are descriptions of the classes and conferences we offered:

In-person Classes:

- **Mending and Restoring Relationships Class:** We heard from licensed mental health counselors Dawne Grove, MC, LMHC and Kristyn Than, LMHC. Topics that were covered included: How do I prepare my own heart for restoration? How do I enter into a hard conversation to repair a relationship? How do I assess my own motives? What happens if the person I seek peace with doesn't respond the way I hope they do? What do I do if I can't change the person who hurt me? What is in my control and what isn't?
- **Hope and Health for the Weary Parent Class:** This class explored how to parent well when difficult circumstances remain reliably constant and hard, as well as how to manage and care for their own needs as parents while helping struggling kids. It was an evening of hope, learning and strategies for the weary parent, led by Angi Soulier, Founder and Certified Parent Coach.
- **Friendships: Cultivating Health and Spotting Toxicity Class:** Taught by licensed mental health counselor Amy Brandt as well as experienced mentors Donna Vander Griend and Kenna Warren. They drew upon their experience, wisdom, and education to provide helpful strategies for building better friendships. They walked participants through how to help spot toxicity in relationships and guided women through what to do when they see it. Those in attendance were able to hear from their experiences with friendships and gain insights and tools to cultivate healthy friendships, and were equipped to build health into their friendships.
- **So Long Insecurities: Building Confidence in a World of Doubt Class:** Mental Health Therapist Amanda Barnett, Pastor Julie Burlison and Spiritual Director Kelli Jensen drew upon their expertise and background to provide helpful strategies for letting go of insecurities and embracing self-worth. Through thoughtful teaching and insights from the speakers, those in attendance were walked through how to go from a place of self-doubt and worry to a place of a strong sense of self, how to examine the negative thought patterns that often hold us trapped in our insecurities and learn how to break

free from those patterns. Those in attendance were able to walk away feeling more confident and secure in who they were designed to be.

Conferences:

- **Mended and Restored:** Women in attendance were invited to explore their desire to be mended and restored from all the pain and brokenness they've experienced, acknowledging that their lives, world, circumstances and relationships cry out for restoration. The conference explored the questions: Is restoration possible? What does it require? Does God care? Can God do anything about any of it? What's their role in mending and restoring?
- **If I Could Tell You One Thing:** This TED talk style evening was chocked full of wisdom and legacy as women older in the faith shared what they wished they would have known about life, God and faith. It was an incredible opportunity for those in attendance to glean from a collective of women who have been there, done that and are wanting to share the one thing they wanted women to take away from their story. It was a time of inspiration and encouragement filled with invaluable insight.
- **All the Best Conference:** This conference was designed to inspire those in attendance to choose all the best things so they can experience all the best of life. Women were encouraged to wrestle with the fact that there are so many experiences calling their name, so many opportunities they could say yes to, so many dreams to chase, so many relationships to invest in, all while feeling distracted and overwhelmed with the worry and stress of trying to hold everything together and still feel like they're failing. We gathered together with other big dreamers, world-changers and go-getters, and left with the clear message that we are loved and worthy.

Resources:

- **Podcast:** The Collide podcast allows us to reach a wider audience with helpful interviews with guests ranging from authors and entrepreneurs to licensed therapists and coaches. In 2022 alone, our podcast was downloaded over 16,200 times and our listener demographic includes many in Washington state as well as 23 other countries around the world.

We are encouraged about the healing happening in our midst and are proud of all the programs and services we continue to provide for women. We look forward to continuing in our work and are thankful for the generosity you have shown us in providing a grant. We wouldn't be able to do what we do without partnerships like yours. Together we are making a positive impact in the lives of our communities and spreading a message of hope and love. Thank you for partnering with us in that impact!



