

## Get Involved

There are many ways to support our Mission. Visit our website for more information on how to:

### Donate!

All monetary donations are appreciated and tax deductible!

### Volunteer!

We are always looking for volunteers to help further our mission.

Join our Referral  
Network!  
Become a Sponsor!

Email us with questions about how you can get involved.

[stuckinthemiddleorg@gmail.com](mailto:stuckinthemiddleorg@gmail.com)



## CONTACT US

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[www.stuckinthemiddle.org](http://www.stuckinthemiddle.org)



## Our Mission

Our mission is to help empower, strengthen and improve the mental health of children by providing professional, educational and other resources to their families while navigating through the process of divorce, incarceration or loss of a parent.



*It's About Us.  
Not Between Us.*



## Our Programs

Educational Workshops  
Art /MusicTherapy  
Mind and Body Wellness  
Youth mentorship  
Peer-to-Peer Support  
Scholarships/Financial Assistance  
Professional Referrals for  
Individual/Family Counseling  
Community Volunteerism  
and much more!

We're **here** to **Help!**



While navigating through a divorce, separation, or the incarceration/loss of a partner, the process not only affects the mental and physical health of the parties involved but of the children too. Growing up in a healthy environment protects children from mental, physical, educational and social problems. We understand managing emotions can be a challenge; therefore, we can help by connecting families to the necessary resources in their area.

## Our Vision

"There's always a rainbow after every rain"  
Prince Rogers Nelson "Prince"

At Stuck In The Middle, our vision is personal and really isn't that complex. We know three important things, children are our future, hurt people hurt people and it really does take a village to raise a child.

By helping to promote awareness, provide resources and support for mental health to our children, we are helping to build healthier minds, a kinder world and a better future for us all.

