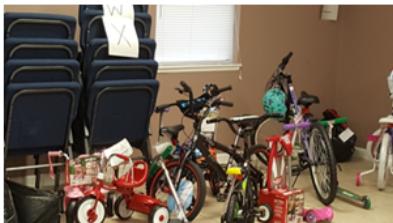


ANOTHER MAN'S TREASURE



TOYS FOR TOTS



A SENIOR'S HOLIDAY



Partners and Sponsors



A Motivating Love



Dream Foundation



Mission Statement

To support and assist
Non-profits, Businesses,
Community Residents and
Agencies by providing free
to low cost resources and
referrals.

www.liftrandr.org
liftresources1@gmail.com



L.I.F.T. R&R is excited to partner with Victory Church to bring you Griefshare! Griefshare is a grief support group that helps you journey through the process of grief. Many times, when we experience grief and either feel overwhelmed and lost after the loss of a loved one, you can think that something is wrong with you and you're not somehow "normal". Although everyone will experience grief at points in their lives, grief is a very unique experience to each individual. The relationship you had with the person you're grieving for may have been a really close one, which would cause your grief to be different from someone else's who didn't have the same close relationship with a loved one they loss. Even while it is unique, the experiences of the grief process is universal. Griefshare is to help those experiencing grief to heal with practical, biblical tools, find hope in the midst of what seems hopeless. The bonds of fellowship with other's experiencing grief also helps you realize you're not alone and others are on this journey as well. To learn more about Griefshare visit www.griefshare.org

The registration fee is \$20.00 which includes your personalized workbook which will be used each week. If there is a financial hardship, please contact Rolanda Macharia at 518-551-6715 as scholarships may be available. There are no additional costs for these groups.

To register for the group please use the following link [Victory Church of McKinney group - Grief-Share](https://www.griefshare.org/groups/131316) This series will run from 3/11- 6/3 from 6:30pm to 8pm each Thursday.

Our Annual Events

Another Man's Treasure

The focus of this event is to help those in poverty by GIVING AWAY donated new and gently used clothing, household items, furniture, toys etc. to socioeconomically challenged families. We are very excited about this opportunity to serve our disadvantaged population and are already preparing for our event for the year 2021 in McKinney and Sherman! We're collaborating with other local nonprofits to have not only physical giveaways but practical takeaways such as free resources for children, teens and families.

This event is exclusive to families referred by McKinney nonprofits already working with the under privileged population to ensure that the needs of people who genuinely are in need are the recipients.

Nonprofits wishing to collaborate, refer clients or volunteer and sponsors wishing to give donations to this event please contact L.I.F.T. R&R at 518-551-6715 or email us at lifresources1@gmail.com.

We also would like to extend the opportunity for sponsors, agencies and other nonprofits to help make this an exceptional day for those we will serve. Any in-kind donations or swag bags, items to go in those bags, goodies, drinks for our "Refreshing Station" would be greatly appreciated. We are a 501C3 approved non profit and all donations are tax deductible. We would like to give away gift cards to help with gas and other basic needs.

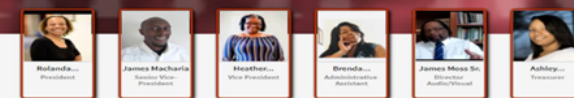


A Senior's Holiday

Often times we do not realize the impact of what it means to be a senior citizen in this country. Many of our senior citizens have been institutionalized by families for one reason or another and it is not our place to point fingers or judge anyone. However, what we are doing is trying to bring joy to those who are in the facilities that house our senior citizens and bring a smile of pure joy and happiness to their faces. This past holiday season proved to be a magnanimous success to so many who felt like they were mere castaways from society.



The objectives of Toys for Tots are to help less fortunate children throughout the United States experience the joy of Christmas; to play an active role in the development of one of our nation's most valuable resources – our children; to unite all members of local communities in a common cause for three months each year during the annual toy collection and distribution campaign; and to contribute to better communities in the future. Through the generosity of our partners and sponsors, L.I.F.T R&R was able to gift 300+ children Christmas gifts. in 2020



Meet The Team

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 (518) 551-6715
 Instagram: [l.i.f.t.randr](https://www.instagram.com/liftrandr/)
 LinkedIn: L.I.F.T. R&R
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