



Empowered to Lift & Inspire
www.E2LI.com

Summer Newsletter



Gratitude turns what we have into enough, and more. - Melody Beattie

As we embark on this summer season, let's not forget the lessons we have learned. As grand as life can be in all of its unique twists and turns, it's also very fragile.

Let us all be mindful of the change of season; like the fragrance of flower blossoms, the sounds of birds singing in the early morning and crickets chirping in the evening.

These elements are gentle reminders that we survived a long and harsh winter without losing the beauty of nature in the summertime. It's funny how our environment reminds us of how far we have come. Now as we approach a new season of hope & opportunity, let's take one minute out of each day to focus on what matters to us.

With Love & Gratitude,
Dr. Tywana Williams
Founder

Event Highlights

Safe Talk Training

April 26th E2LI takes Safe Talk Training provided by The American Foundation for Suicide Prevention

Let's Blossom Event

Special Recognition: American Foundation for Suicide Prevention

A special thank you to all those who attended our let's blossom event recognizing the American Foundation for Suicide Prevention on Thursday May 3rd, 2018 at The Nutty Irishman.

Please read press coverage of this event written by Jennifer Corr Titled "[Long Islanders Celebrate Life](#)". Thanks to all of the Sponsors and vendors who donated gift baskets that helped raised \$300 that was donated to the Out of the Darkness Walk to Fight Suicide Campaign.

Sponsors

Omni Data Technology

Basket Donors

Jennifer Corr (Trader-Joes Basket of Goodies)
Meredith McCaslin (Classy, Sassy, Crafty Wine/Glasses Gift Basket)
Omni Data Technology (Nutra Bullet Basket)
Toni Siemann (Basket of Luck)
Voula Makropoulos (Aluov Skin Care) Spa Gift Basket

We would like to honor the work and community support of both the *American Foundation for Suicide Prevention (AFSP)* & *VIBS (Victims Information Bureau of Suffolk)*.

Finally, our E2LI family would like to thank Danielle Davis for all of her efforts to assist with delivering a phenomenal performance and event.

E2LI Runs Wild

Saturday June 9th E2LI participated in the annual Run Wild 5K for the Kaeli Kramer Foundation @ the Holtsville Wild Life & Ecology Site



Upcoming Events

School Back Pack Campaign

We are helping operation Backpack NYC with providing school supplies for children in need. According to the executive manager of the campaign, they're anticipating requests for over 18,000 backpacks for children residing in New York City's shelters. In 2017, Operation Backpack® provided 18,000 NYC homeless children with a new backpack full of grade-specific school supplies needed in time for the first day of school.

These students received their backpacks before the first day of school, so they were able to start the year looking and feeling more like their housed classmates and less like a child in need.

Please support E2LI in assisting Volunteers of America Operating Backpack NYC with reaching their goal. Click this link to donate: <https://www.crowdrise.com/o/en/campaign/e2li-backpack-campaign-2018>

We will be going to Volunteers of America's Headquarters to sort containers of supplies on August 23, 2018. If you would like to join us please email me at: tywilliams@e2li.com for additional instructions.

Donations for AFSP Out of the Darkness Walk to Fight Suicide

Our E2LI team will participate in the "Walk to Fight Suicide" on Sunday October 28, 2018 @ 10am Jones Beach Field #5

Please Join our team or donate!

<https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=174455>

Veterans Recognition- An evening of Thanks Event

Thursday November 8, 2018 Thanks & Giving Recognition to our Veterans Event

Time: 6pm-10pm

Place: To be determined

You Are Greater Than You Appear A Positive Written Word

Shared Tips by Tonda Williams

Some one told me:

"People don't care about what you know, until they know how much you care."

Visit our website

STAY CONNECTED



If you're in crisis, there are options available to help you cope. You can also call the Lifeline at any time to speak to someone and get support. For confidential support available 24/7 for everyone in the United States, call 1-800-273-8255.