

Dear Teens and Families

We are so excited to welcome you to our Open House and into a new school year of growth, discovery, and connection! Whether this is your first time engaging with Step's Foundation, Inc. or you've been with us for a while, we're thrilled you're here and can't wait to share everything we've been working on.

At Step's Foundation, we believe that when teens are equipped with real-life skills, supportive relationships, and meaningful opportunities, they thrive. Our programs are designed to empower teens and uplift families, whether through leadership, life skills, peer support, career exploration, or community engagement.

This year, we're especially looking forward to spending more time building strong connections between teens and their peers, families and their communities, and all of us here as one supportive network. You'll find that each of our programs offers something unique, but they all share a common goal: helping young people discover their strengths and reach their full potential.

Inside this folder, you'll find helpful information about our programs, how to get involved, and what you can expect in the months ahead. We encourage you to take a look, ask questions, and most importantly, jump in! There's a place for everyone here, and we're excited to have you as part of our growing community.

Thank you for being here today. We look forward to walking alongside you this school year—and making it one of purpose, progress, and plenty of fun.

With excitement and gratitude,


Abigail Ellis, MS, RMHCI
Executive Director



Program Enrollment Form

I pledge to make a difference!



Program Overview 2025–2026 School Year

Welcome to our youth development community! Step’s Foundation offers four dynamic programs that equip teens with life skills, leadership experience, and opportunities for personal growth. Each program is built to support not just students—but their families and communities, too.

Survival Program

Focus: Life Skills & Independent Living

Key Areas:

- Soft skills: communication, teamwork, problem-solving
- Health & wellness: mental health, self-care
- Financial literacy: budgeting, credit, saving
- Home living: cooking, cleaning, basic maintenance
- Leadership & networking: mentorship and professional connections

Why Join: Build confidence, learn real-world skills, and prepare for adulthood with hands-on workshops and mentorship.

Retain Your Brain

Focus: Mental Health & Peer Support

Key Areas:

- Emotional well-being and resilience
- Peer-led support groups
- Coping strategies and self-care
- Stigma reduction and open dialogue
- Academic motivation through emotional support

Why Join: Connect with others, build healthy habits, and feel supported in a safe, welcoming environment.

Youth Program Ambassadors

Focus: Leadership & Advocacy

Key Areas:

- Event planning and youth representation
- Public speaking and community outreach
- Mentorship and team collaboration
- Leadership development workshops
- Networking with community leaders

Why Join: Become a voice for your peers, build leadership skills, and represent your community.

Together We Can

Focus: Family Engagement & Community Connection

Key Areas:

- Family workshops and events
- Community projects and partnerships
- Strengthening communication and bonds
- Fun, purpose-driven family outings
- Supportive peer-to-peer and parent networks

Why Join: Grow closer as a family, build community relationships, and take part in events that are both fun and meaningful.

You can apply, sign up for updates, or ask questions today or anytime on our website.

We’re here to support your journey, and we can’t wait to get started together.

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| PO BOX 700625 | SAINT CLOUD | FL | 34770 |

407-279-0713 | info@stepsfoundation.org | www.stepsfoundation.org

EMPOWER YOU

Strategies for the Real World



Join our Survival Program's Empower You Series!
Check out our dates below!

ZENITH A & B LUNCH

8/19/2025 - 1.1 - The Big Picture of Wellness
8/26/2025 - 1.3 - Mastering Sleep and Stress
9/2/2025 - 2.1 - Your Health, Your Responsibility
9/9/2025 - 2.2 - Loving Yourself Inside and Out
9/23/2025 - 2.4 - Keeping Track of Your Health
10/7/2025 - 3.1 - Balancing Wants and Needs
10/21/2025 - 3.3 - Bills, Bills, Bills
10/28/2025 - 3.4 - Your Financial Future
11/4/2025 - 4.1 - Decoding Your Paycheck
11/11/2025 - 4.3 - Tax Time Made Easy
12/2/2025 - 5.2 - Staying on Track
1/6/2026 - 6.1 - Discover Your Potential
1/13/2026 - 6.2 Your Resume, Your Story
1/27/2026 - 6.4 - Presenting Your Best Self
2/3/2026 - 7.1 - Crafting Your Professional Introduction
2/10/2026 - 7.2 - Ace Your Interview
2/24/2026 - 7.4 - Aligning Your Values with Career Goals
3/3/2026 - 8.1 - Clean and Tidy
3/10/2026 - 8.2 - Home Upkeep
3/24/2026 - 8.4 - Cooking Made Easy
4/7/2026 - 9.1 - Choosing the Right Ride
4/14/2026 - 9.2 - Choosing the Right Ride
4/28/2026 - 9.3 - Keep it Running
5/5/2026 - 10.1 - Settling In
5/12/2026 - 10.2 - Finding Joy in Your Journey

VIRTUAL 5PM

8/13/2025 - 1.2 - Fueling Your Body Right
8/27/2025 - 1.4 - Embracing An Active Lifestyle
9/10/2025 - 2.1 - Your Health, Your Responsibility
9/24/2025 - 2.3 - Safe and Smart
10/8/2025 - 3.2 - Building Your Financial Safety Net
10/22/2025 - 3.4 - Your Financial Future
11/5/2025 - 4.1 - Decoding Your Paycheck
11/19/2025 - 4.4 - Choosing the Right Help
12/3/2025 - 5.1 - Credit Matters
12/10/2025 - 5.2 - Staying on Track
1/14/2026 - 6.2 Your Resume, Your Story
1/28/2026 - 6.4 - Presenting Your Best Self
2/11/2026 - 7.1 - Crafting Your Professional Introduction
2/25/2026 - 7.4 - Aligning Your Values with Career Goals
3/11/2026 - 8.1 - Clean and Tidy
3/25/2026 - 8.4 - Cooking Made Easy
4/8/2026 - 9.2 - Choosing the Right Ride
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5/6/2026 - 10.1 - Settling In
5/13/2026 - 10.2 - Finding Joy in Your Journey



**Retain
Your
Brain**

RESILIENT AND HEALTHY MINDS



Join our Retain Your Brain Program's Resilient and Healthy Mind Series! Check out our dates below!

ZENITH A & B LUNCH

8/21/2025 - M1 - Building a safe and respectful space
8/28/2025 - Game Day
9/4/2025 - M2 - Cultivating a healthy mindset
9/11/2025 - Game Day
9/18/2025 - M3 - Expressing your feelings effectively
9/25/2025 - Open discussion
10/2/2025 - M4 - Managing your thoughts
10/9/2025 - Game Day
10/16/2025 - M5 - tools for calm and confidence
10/23/2025 - Open discussion
10/30/2025 - M6 - Assertiveness Adventures
11/6/2025 - Game Day
11/13/2025 - M7 - Breaking the silence
11/20/2025 - Open discussion
12/4/2025 - M8 - Rising strong
12/11/2025 - Game day
1/8/2026 - Self Care Series 1
1/15/2026 - Self Care Series 2
1/22/2026 - Self Care Series 3
1/29/2026 - Self Care Series 4
2/5/2026 - Self Care Series 5
2/12/2026 - Self Care Series 6
2/19/2026 - M9 - Taming the Flames
2/26/2026 - Game Day
3/5/2026 - M10 - Journey to Self Discovery
3/12/2026 - Open discussion
3/26/2026 - M11 - Building Boundaries
4/2/2026 - Game Day
4/9/2026 - M12 - Self care essentials
4/16/2026 - Open discussion
4/23/2026 - M13 - Bouncing Back
4/30/2026 - Game Day
5/7/2026 - M14 - Stress Less
5/14/2026 - Open discussion

VIRTUAL 5PM

8/4/2025 - M1 - Building a safe and respectful space
8/11/2025 - Game Day
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11/10/2025 - Self Care Series 3
11/17/2025 - Self Care Series 4
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12/8/2025 - Open Discussion
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Steps INC.
Foundation

presents

Survival Spark Sessions



Part of the Empower You Curriculum

9 Real-World Life Skills Workshops for Teens Who Want to Thrive

Life doesn't come with a manual, but this series comes close. Survival Spark Sessions are all about building the essential skills that help you navigate school, work, relationships, and life with confidence. From career prep to self-care and financial know-how, this is your toolkit for real-world success.

Open to teens and parents!

SCAN ME!



Register: www.stepsfoundation.org/events

August 20th at 6pm

What You Got Cookin'?

September 17th at 6pm

Chat with a Doctor!

October 15th at 6pm

Let's Save!

November 12th at 6pm

Chat with HR

December 16th at 6pm

Investments Panel

January 21st at 6pm

What do recruiters look for?

February 18th at 6pm

Mock Interviews

March 18th at 6pm

Understanding a Lease

April 15th at 6pm

I Want a Car



Frequently Asked Questions

Q: Who can participate in Step's Foundation programs?

A: Our programs are designed for teens ages 13–19. We also welcome parents and guardians to be involved through events, workshops, and our “Together We Can” family engagement program.

Q: Do the programs cost anything?

A: Most of our programs are offered at no cost to families, thanks to the support of grants, donations, and community partners. Some special events may have a small fee, but the majority of our events are free thanks to sponsors and donors.

Q: How often do programs meet?

A: Programs run throughout the school year, typically meeting weekly or biweekly. Specific schedules will be shared at enrollment and once you're accepted in the program you'll also see the schedule in GroupMe.

Q: What if my teen is involved in sports or other activities?

A: We believe in balance! Many of our participants are involved in extracurriculars, and we'll work with families to support flexible participation whenever possible.

Q: Can parents be involved too?

A: Absolutely! We encourage family participation through our “Together We Can” and “Survival” program, volunteer opportunities, and community events. There's a place for everyone here.

Q: How can we stay updated on events, schedule changes, or special opportunities?

A: The best way to stay in the loop is to follow us on social media, check your emails often (you'll receive a monthly newsletter), and check in regularly on our website.

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ONLINE ENGAGEMENT GUIDE

Engagement isn't just in person—it's online, too!

This year, we're launching fun, interactive ways for teens and parents to stay connected between sessions.

Here's what to expect online:

- Weekly Journal Prompts
- Reflective topics that build self-awareness, resilience, and creativity.
- Challenge Posts
- Short, fun challenges to try at home—think cooking skills, financial literacy quizzes, family check-ins, or wellness routines.
- Interactive Questions & Polls
- Quick Q&As about leadership, teen life, goals, or just-for-fun moments.
- Surprise Giveaways
- Keep an eye out—participation in our challenges could win you a prize! (Yes, we're serious.)

Where to Find It:

- Instagram: @stepsfoundationinc
- Facebook: www.facebook.com/stepsfoundationinc
- Website: www.stepsfoundation.org
- Email List: Make sure we have your best email address!
- LinkedIn: www.linkedin.com/company/stepsfoundationinc

Tips to Engage:

- Follow us on your favorite platform.
- Like, comment, and share—this helps others discover us too.
- Parents: Join in! Your voice matters, and your participation is welcome.

Let's build something amazing this year—together, in-person and online.

Questions? Ideas? Reach out to us anytime at info@stepsfoundation.org or send us a DM on social media.



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