



MAB Wellness Outreach Nonprofit Annual Report

June 1, 2023 – May 31, 2024

501(c)(3) Organization- Crystal Barber, MNS, RDN-Executive Director/Founder

Mission:

We are a faith-based organization dedicated to empowering individuals and communities by promoting mental and physical well-being. Through our wellness programs, we aim to reduce stigma, foster resilience, and provide accessible resources that support mental health and overall wellness.

Programs & Initiatives (June 2023 – May 2024)

MAB Wellness Outreach offered wellness programs throughout the year, both in-person and virtually, including:

- **June 2023:** Logo Creation Competition & Be Fit4 JC Interest Meeting – **37 participants**
- **July & August 2023:** Minority Mental Health Month Youth Workshop for Garden of Hope Leaders of Tomorrow, Be Fit4 JC Health Series- **46 participants**
- **November 2023:** **MABWO Family Yard Sale Fundraiser (32 community members, Chesapeake)**
- **December 2023: Mental Wellness for the Holiday Mall Event (56 visitors, Chesapeake Square Mall)**
 - In memory of my son, this event featured a youth coloring contest with my son's Santa artwork, promoting emotional healing. Four youth (ages 8–11) were awarded \$50 gift cards for their original art. The event also provided resources for coping with grief, stress, and mental health during the holidays.
- **January 2024:** A New Year, New You- Keys to Healthy Living Program Launch- **15 participants**
- **February - Special Abilities Runway Models Open House: 35 visitors**-Provided a vendor table at an Open House event for Kingdom Birthright Ministries
- **March 2024:** Keys to Healthy Living Program (Cooking demos, stress management, and physical activity)- Portsmouth Redevelopment & Housing Authority, Virginia Supportive Housing, and Firm Foundation of Virginia- **72 participants**
- **May 2024:** Mental Health Awareness Month Workshops and Professional Development Vendor Display- **Pathways to Resilience Overcoming Trauma & Adversity Conference-** (Danville -**210** participants) **Virginia Supportive Housing-South Bay Apts. -** Follow-up session- **5** participants.
- **Website Visits** (Aug 2023 – May 2024): **656 visitors and registrants**

Total Participants Served: 1,164 (across virtual and in-person programs, and website visitors)
Volunteers: 15 volunteers contributed **608 hours** to various events and programs.

Community Engagement & Vendor Displays

MAB Wellness Outreach actively engaged with the community through vendor events, providing wellness tools such as:

- **Healthy Eating, Physical Activity, Deep Breathing Sessions, Art, Journaling, and Prayer**
These events allowed us to share holistic practices for stress management and optimal health. We also contributed to the **Pathways to Resilience Conference**, providing mental health professionals with strategies to enhance client resilience and promote self-care.
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Key Fundraising Efforts

- **Artwork Calendar:** Featuring artwork from my son and other family members.
 - **Logo Journal & Praying Hands Keychains:** Sold to raise funds for our programs, each item highlighting my son's artwork and the nonprofit's mission.
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Nonprofit Logo Creation

Our nonprofit logo was designed by Mr. Martin Burke's graphic design class, with the students' designs selected as part of a competition. This collaboration supported young artists and honored my son's legacy through the Michael Artrell Barber Memorial Fund. Eight high school students participated, while three logo creations were chosen. They received monetary awards of 1st place- \$400, 2nd and 3rd place- \$200 each.

Impact & Reach

- **1,169 Participants** engaged in wellness programs across various events.
- **210 Mental Health Professionals** visited displays & interacted at the Pathways to Resilience Conference: Overcoming Trauma & Adversity: Danville and Pittsylvania Community Services
- **656 Website Visitors** from local and international audiences.

These efforts allowed us to expand the reach of our programs and further our mission to promote mental wellness and reduce stigma in our community.

Other Important Accomplishments

- **Team/Volunteer Meeting/Training:** Our first volunteer meeting will take place on June 13, 2024, at the Portsmouth Library-Churchland Branch.
- **Registration Payment Awards for Limited Resource Participants:** Provided healthy lifestyle and mental wellness services for 6 participants from Portsmouth Redevelopment & Housing Authority, and 2 youth from the Hampton Mentoring Program.
- **Board Meetings:** 3 meetings held with a current board of 5 members.
- **Executive Director/Project Manager Professional Development:** Completed a 6-hour **Stronger Mental Health through Diet and Lifestyle Course** (Becky and Dorner Associates, 05/30/2024).

Financial Overview

- **Total Revenue:** \$8,609 (including grants, donations, and event fundraising)
- **Total Expenses:** \$6,308 (program costs, marketing, admin, and fundraising)
- **Net Profit:** \$2,301 (reinvested into future programming)

Fund Allocation:

- 70% for Program Services & Fundraising
- 30% for Administrative Expenses

Looking Ahead

- Expand programs to include more diversity and increase program promotion to established faith-based audiences.
- Network to form new partnerships and strengthen current ones with local vendors and organizations.
- Establish a committee for our Fundraising Gala & Kickoff in July 2025- Minority Mental Health Awareness Month.
- Explore program expansion options through PSAs and volunteer recruitment.

Donations

MAB Wellness Outreach relies on the generous support of individuals, businesses, and organizations to sustain and expand our programs. Your donations allow us to continue offering valuable mental wellness resources and community support.

We are deeply grateful for every contribution, no matter the size. Donations can be made via:

- **Online:** <https://www.mabwellnessoutreach.org/donate>
- **Mail:** Send checks made out to MAB Wellness Outreach using our mailing address.
- **You can also donate with the following:**



\$ Mike ChellEvents1

seeb211@yahoo.com

Your support helps us create a positive impact in the community by providing critical resources, reducing stigma, and fostering mental wellness for all. Thank you for helping us make a difference.

Community Partners, Donors, and Sponsors

We would like to extend our heartfelt thanks to the following organizations, donors, and sponsors for their invaluable support during the year:

- **Portsmouth General Hospital Foundation**
- **Towne Bank**
- **Gethsemane Community Fellowship Baptist Church- The Garden of Hope**
- **Portsmouth Library - Churchland Branch and Other Local Branches**
- **Ebony Arts and Gifts - Chesapeake Square Mall**
- **Baila Fuzion Dance Center – Kingdom Birthright Ministries-Virginia Beach**
- **Virginia Supportive Housing- South Bay Apartments**
- **Portsmouth Redevelopment and Housing Authority**
- **The JimmyMac Foundation**
- **Firm Foundation of Virginia**
- **Harris Teeter- Churchland Marketplace**
- **Wal-Mart- College Drive and Frederick Blvd.**
- **Centurion Security**
- **Food Lion- Churchland Shopping Center**
- **Pathways to Resilience: Overcoming Trauma and Adversity Conference**
- **Portsmouth and Hampton Roads Community Residents**
- **Giuseppe Photography**
- **Solomon Hayes Lens Photography**
- **Virginia Partners in Prayer and Prevention/VDH Department of Healthy Equity**

Your generosity enables us to continue making an impact on mental wellness and healthy living in our community. We look forward to strengthening these partnerships and expanding our reach in the future.

Special appreciation to my daughter, Michelle Barber, (Program Advisor),

the MAB Wellness Outreach Team and Board of Directors, and our devoted participants.

*In Loving Memory of Michael Artrell Barber. God is our role model for holistic living!
Luke 2:52*

Thank you for your support! For more information or to get involved, visit <https://www.mabwellnessoutreach.org> or email info@mabwellnessoutreach.org.

Logo Incentives, Education Materials, and Program Highlights:



July 2023



ARE YOU READY TO TAKE YOUR WELLNESS NEEDS TO ANOTHER LEVEL?

Join the BEWELL4JC (JESUS CHRIST) HEALTHY LIFESTYLE ZOOM PROGRAM

WHO:
Crystal Barber MNS, RD in memory of son, Michael & Guest Presenters

WHEN:
July 6, 2023 Receive an Introduction Video
July 13, July 20, July 27 & August 3
6:00PM-7:00PM EST VIA Zoom

TOPICS:

- 1 Mental Wellness
- 2 Healthy Eating4Life
- 3 Physical Activity Options & Injury Prevention
- 4 Developing an Admant DC (Discipline & Consistent) Mindset

Based on Biblical Scripture- Luke 2:52

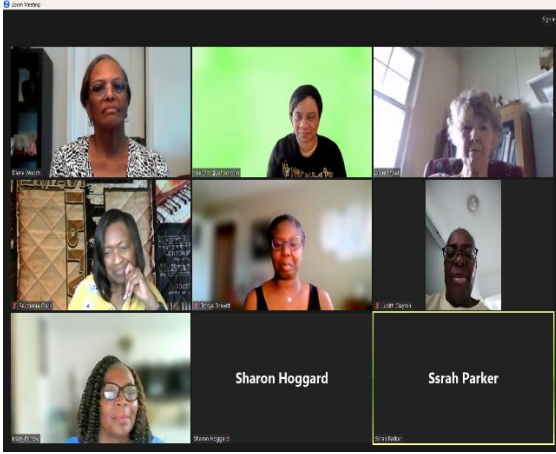
HOW TO REGISTER:
Email Crystal Barber – sagb211@yahoo.com
You will be sent information and link for the Zoom sessions.
The program is a fundraiser – \$32 donation for all 4 sessions.

REGISTRATION DEADLINE: 07/05/2023

All proceeds go to the Memorial Fund. Mike turned 32 years old in May. You can help us make it a year of great community impact, while improving your health & well-being!

Michael ARtroll Barber Memorial Fund/Make YUNG Wellness Project
PO Box 6123, Portsmouth, Virginia 23703
Crystal Barber, MNS, RD, mother, executor, and program developer sagb211@yahoo.com; (157) 710-2971

August 2023



December 2023



January 2024



March 2024



February 2024



March 2024



May 2024

