


KIND
THEORY



CELEBRATING TWO YEARS
OF KINDNESS ON OUR

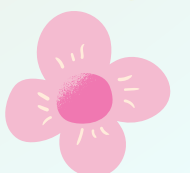


ND

ANNIVERSARY

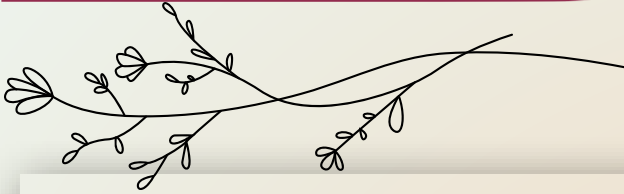
NEWSLETTER OCTOBER 2023

BE OPEN. BE CONCIOUS. BE KIND





OUR STORY



Two years ago, Kind Theory was founded with a vision that has since flourished into a beautiful reality. It all started as a simple idea, and now we find ourselves working together as a united force, driven with the passion to bring a paradigm shift. The core belief that fuels us is the idea that every individual, regardless of our differences, deserves a fair chance at life.

We understand the importance of sharing lived experiences to build a more inclusive future. That's why we work tirelessly to provide neurodivergent individuals with the resources they need, all while educating organizations, institutions, and the general public about accessibility and disability rights. Ultimately, our goal is to enhance educational, health, safety and employment outcomes for the marginalized members of our community.

Through your support over the past two years, we've achieved remarkable milestones. Your contributions have been a huge factor in driving the change we aim to bring, from volunteering your time and expertise to actively engaging on our social media platforms, attending our live sessions, and spreading the word about our initiatives, you have all been AWESOME. Your support has helped the success of our Nourish Diversity program, providing important health and nutrition support to people with ADHD. Your participation has also made our book reading sessions a platform for uplifting neurodivergent authors, granting them the recognition and voice they deserve. Your continued support is so important to us as we celebrate our second anniversary and work towards another important program, the **Building Safe and Supportive communities Program (Safety)**, where we will focus on making interactions with Law Enforcement Officers safer for Autistic people and people with ADHD. You can become a part of our **Kind Force**. **How, you ask?**

One way to support us is through your donations. Even a small contribution can create a significant impact, and it has a **ripple effect** that goes a long way as it will help us create more programs that support neurodivergent people and provide neurodiversity affirming resources to many individuals. You can also volunteer your time, engage with us on social media and help spread the word about our initiatives. Your involvement, no matter how you choose to contribute, is what truly makes you **AWESOME**.

So, will you join our Kind Force?



September

HIGHLIGHTS



EXCERPTS FROM FEATURED ARTICLES

LIFE IN A MULTIGENERATIONAL HOUSEHOLD

BY SWARIT GOPALAN

When they are not telling me which temple to visit, they are telling me about the awesomeness of their gods. They are certain that I can be cured. When they talk about their lives and how much of it is centered around temples and religion, I understand that their ideas for my cure are just an expression of their love for me and their wishes for me to have a fulfilling life. I make peace with that and instead lean into their fascinating life stories to learn about who they are and what they have overcome. They always look out for me, in spite of their own frail bodies and age related loss of function.



I HAVE A HUGE PROBLEM WITH DEI, AND I'LL TELL YOU WHY

BY KAMEKO THOMAS

If having more physically disabled and (or) people of color in the workplace were the only requirements for being diverse, equitable, or inclusive, then there would be nothing to talk about. My grandmother was born with a physical disability that prevented her from participating in the working world; I would have gladly and gratefully applauded any policy that could have given her the life she wanted instead of the one she had.



If that had been all there was to it, that is. But there's more to being diverse, equitable, and inclusive than skin color or having disabilities that most would perceive as barriers to gainful employment.



NOURISH DIVERSITY SESSION VI

FINAL SESSION: BUILDING CONFIDENCE IN THE KITCHEN



Our journey to a wonderful new beginning concluded on September 17th with our final Nourish Diversity session, Session 6. In this session, we focused on boosting kitchen confidence. As always, we started with a quick recap of our previous sessions. Since this was our last meeting, we briefly revisited what we've learned before delving into discussions about overcoming kitchen challenges. We wrapped up the session with an activity aimed at reducing cooking stress.

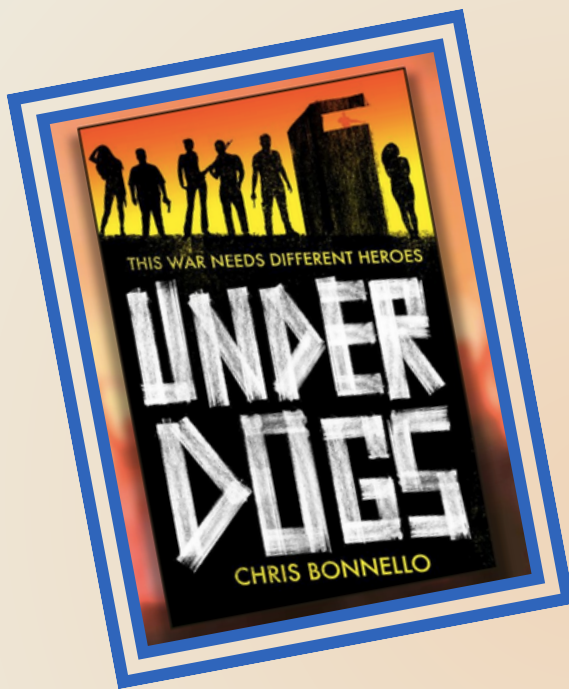
We can't express enough gratitude to Rebecca, who guided us throughout this journey. A heartfelt thanks to all who joined us during these sessions – **your participation means the world to us.** We hope everyone took away valuable insights to improve their eating habits and kitchen skills. We look forward to seeing you in our future programs.

If you'd like to watch the full session, you can visit our **YouTube channel, Kind Theory**, where all the session videos are posted



UNDERDOGS: BOOK READING SESSION WITH CHRIS BONNELLO

GRAND FINALE



The last session of the "Underdogs" happened on September 20th, and it was nothing less than a roller coaster ride.

From the third-to-last chapter filled with tragedies to the very end of the book in the last chapter, there were so many emotional ups and downs that left us wanting more.

THANK YOU for your support and participation in all our sessions. You've been an amazing audience!

We want to thank Chris Bonello for this journey and for his dedication throughout, and now, we are super excited about the upcoming book reading sessions for "Underdogs" Part Two!

Stay tuned, and be sure to check out the recorded videos of our previous sessions. The date for the upcoming sessions will be announced on our social media pages!

KIND THEORY

TURNS 2



WE CONNECT



WE CELEBRATE



WE CREATE

Did you know YOU are AWESOME?

Your support has helped us recruit many neurodivergent consultants.
With your support, we have turned **TWO** - successfully!

So here we are - calling our Kind Force again.

Please **DONATE** to enable us to continue our work, with a particular focus on empowering neurodivergent individuals through paid work opportunities. This commitment helps us employ neurodivergent people and utilize their expertise while fairly compensating them.

DONATE NOW!

HOW DOES YOUR CONTRIBUTION HELP?

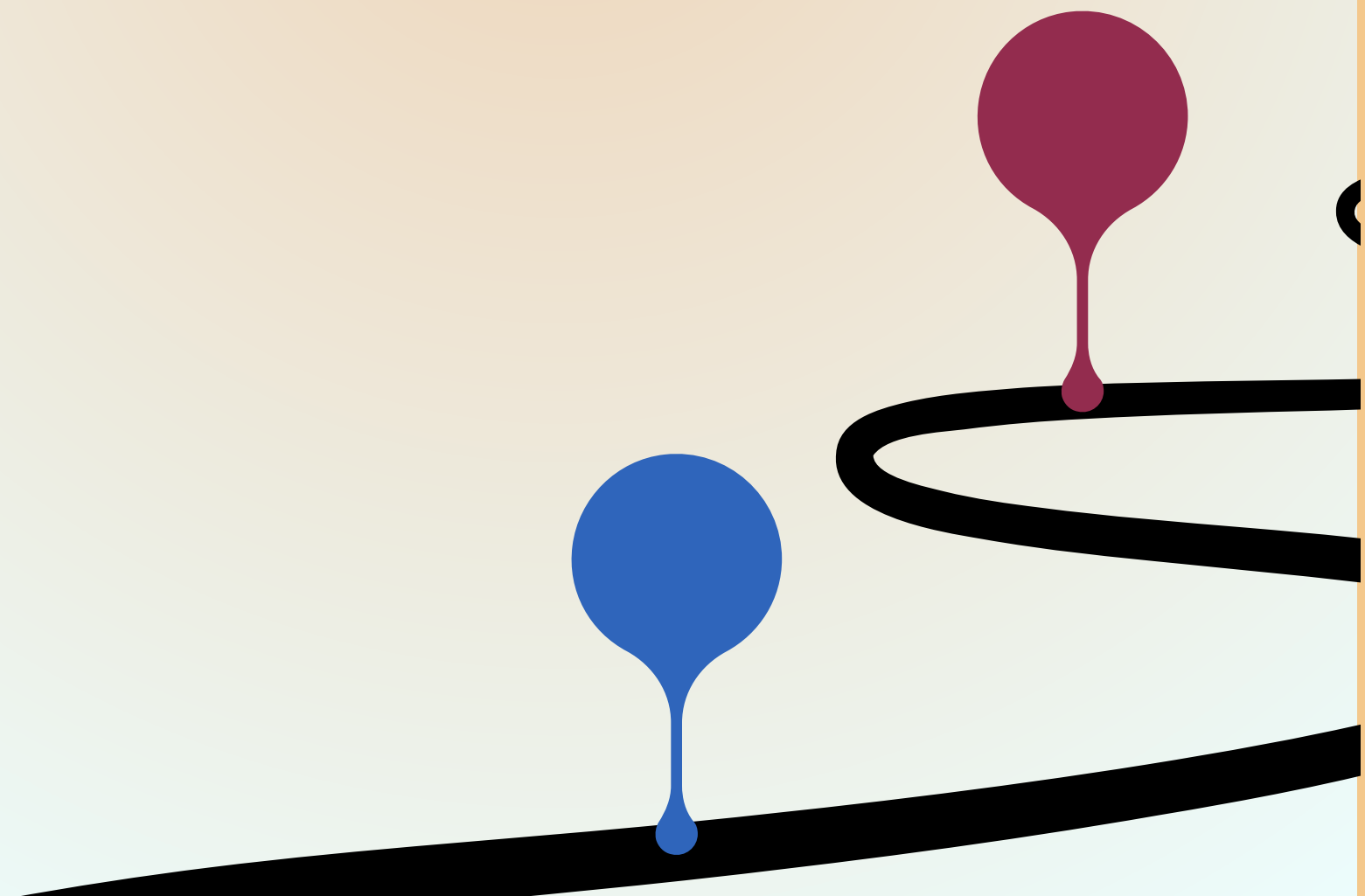
YOUR CONTRIBUTION DIRECTLY BENEFITS NEURODIVERGENT INDIVIDUALS!

1

For every **\$5000** we will be able to offer one adult access to a neurodivergent affirming ADHD assessment.

2

For every **\$10,000** we will be able to offer one adult access to a neurodivergent affirming Autism assessment.



OUR FUNDRAISING GOAL



OUR GOAL FOR THIS FUNDRAISING CAMPAIGN IS TO
SECURE A MINIMUM OF **\$20,000**
YOUR SUPPORT WILL ENABLE US TO EXTEND OUR REACH
AND EMPOWER MORE NEURODIVERGENT MEMBERS OF OUR
COMMUNITY.

TOGETHER, WE CAN TURN OUR KIND THEORY INTO IMPACTFUL PRACTICE,
EMPOWER NEURODIVERGENT BRAINS AND MAKE A MEANINGFUL
DIFFERENCE IN THE LIVES OF MANY NEURODIVERGENT PEOPLE.

THANK YOU FOR BEING A PART OF OUR
JOURNEY, EMBRACING NEURODIVERSITY AND
FOR HELPING US CREATE A MORE INCLUSIVE AND
COMPASSIONATE WORLD!