



# *Kind Theory and North Texas Giving Day* *September and October* *2025*

**NEWSLETTER**



## We're Back, and Ready to Do Even More!

It's been almost a year since our last update, and we have so much to share. At Kind Theory, our mission has always been clear: to create programs, spaces, and resources that empower neurodivergent individuals to thrive. We've poured our time, energy, and hearts into this work because we know how much it matters, and the results speak for themselves.

Running programs that truly make a difference isn't easy, but we've always found a way. Through determination, creativity, and the support of people like you, we've kept our services accessible and meaningful.

Now, as we look ahead, we have an exciting opportunity to grow our impact, but we need your help to make it happen.

We are celebrating the **North Texas Giving Day on September 18th**, and it's the perfect moment to come together as a community and ensure that the programs, advocacy, and resources that so many rely on continue to flourish.

Even a small contribution, such as \$5 or \$10, can create a huge impact. Every donation helps us:

- Keep programs running and resources accessible
- Expand support for neurodivergent individuals and their families
- Strengthen advocacy efforts and community initiatives

And if donating isn't an option right now, you can still make an impact. Sharing our work, connecting us with potential supporters, or simply spreading the word can create ripple effects that transform lives.

We will continue to empower neurodivergent individuals, strengthen our community, and show the world what's possible when people come together for a cause that matters.

**Will you stand with us?**

**DONATE NOW**







# NORTH TEXAS GIVING DAY

## THIS GIVING DAY

Help us build a world where every neurodivergent person belongs.

Kind Theory is building programs and space where neurodivergent people **learn, work, and connect fearlessly**. We're designing spaces that spark confidence, open doors, and create a sense of belonging in the wider community.

This **Giving Day**, your support can fuel life long transformations for so many people looking forward to these initiatives from Kind Theory, from resources to coaching to community belongingness, you hold the power to change **LIVES**.



## The Impact Your Support Carries

### Autistic Hangouts

Friendship and belonging shouldn't depend on masking or "fitting in." Autistic Hangouts bring children and adults together in supportive spaces to connect, build friendships, and just be themselves. Your gift helps make these spaces possible, allowing for joy, social connection, and **reduced isolation and stress**.

### Employment & Resource Support Network (ERSN)

Your gift helps someone gain the skills and confidence to take their next step toward **education or employment**, along with **personal support and life skills coaching** to guide them along the way.

#### Testimony by **Kyle Parkinson**

I met **Samar**, the **executive director** of **Kind Theory**, in May 2024. Samar has always been a supportive advocate for me when other people don't understand me. She introduced me to 29 Acres, a job placement services that help neurodivergent people find jobs that fit them. I very appreciate Samar for helping me during my job placement journey.

**DONATE NOW**



# YOUR IMPACT IN ACTION

**\$5, \$10, \$20, \$50, or even \$500+, every gift makes a difference.**

**The little ones add up and mean just as much as the big ones.**

## YOUR SUPPORT CAN

**Put sensory tools in the hands of children who need them,  
Make a hangout session possible,  
or even give someone a chance at one-on-one ERSN coaching reach a  
personal, academic, or employment milestone.**

**Whatever you choose to give, it matters, and it truly changes lives.**



### Operational Support

Every email answered. Every session coordinated.  
Every voice uplifted.

Behind it all is our small but **MIGHTY** Kind Force;  
the heartbeat of Kind Theory.

Your support keeps this pulse alive, ensuring  
programs continue and more lives are touched.



**This Giving Tuesday, you  
don't have to change the  
whole world.**

**You just have to help one  
person open one door.**

**Because from there, the  
world begins to change  
itself.**

**DONATE NOW**



# RECAP



## *Employment and Resource Support Network (ERSN)*



The **Employment and Resource Support Network (ERSN)** is a dedicated program designed to connect neurodivergent children, youth, and adults with the essential resources they need to thrive in education, employment, and daily life. From mental health support and disability accommodations to personalized coaching and skills development, **ERSN** provides holistic assistance tailored to the unique needs of each individual.

At the heart of **ERSN** is a deep commitment to empowering neurodivergent individuals to succeed at every stage of their journey. We understand that navigating challenges in education, work, and social environments can be overwhelming, which is why our approach is personalized, supportive, and completely free of cost.

Participants in the program receive one confidential coaching session per month, along with ongoing need assessments and resource connections. These sessions are intentionally designed to-

feel approachable and informal, offering a comfortable space for participants to discuss their career goals, executive functioning challenges, social support needs, and resource requirements.

Our support doesn't stop at coaching. **ERSN** also helps participants build executive functioning skills, navigate social environments, and find key employment and educational resources. Depending on individual needs, these one-on-one sessions can be conducted online or in person, making it accessible to participants wherever they are.

Due to limited funds, the program currently has the capacity to enroll only three participants at a time. However, each person who joins receives focused, individualized attention, ensuring their unique challenges are addressed and their goals are supported every step of the way.





# *Sensory Fun*



The Sensory Fun Event, held on October 26 at Finch Park in Plano, Texas, was a heartwarming celebration of inclusivity and community connection. Organized in partnership with Volunteer McKinney as part of Make a Difference Day 2024, the event brought together over 15 dedicated volunteers who created a supportive and joyful environment where children could freely explore, connect, and simply be themselves.

This completely free event featured five engaging sensory stations: auditory, visual, olfactory, tactile, and proprioception. Each station was thoughtfully designed to meet sensory support needs while providing fun and meaningful experiences for children and families alike.

The auditory station, in collaboration with Heart and Harmony Music Therapy, led by Briley, Karah, and Angelica, invited children to explore sound through gentle instruments like rain sticks, soft drums, and shakers. Activities included headphone charms, exploring sensory bins filled with materials such as wrinkly paper and bells, and accessing noise-canceling headphones for comfort.

The visual station featured hands-on activities designed to stimulate visual engagement, while the olfactory station encouraged exploration through scented play materials. The tactile station allowed children to engage their sense of touch with various textured materials, and the proprioception station provided activities to support body awareness and movement.

The event was made even more special by generous sponsors, including Crayola Experience, Fair and Square Imports, St. Joseph's Designs, and Frontiers of Light Museum, all of whom donated raffle prizes. Westlake Ace Hardware provided support by donating the play sand.

Giveaways, raffle prizes, and take-home sensory resources enhanced the experience, making it a memorable day for everyone who attended. The Sensory Fun Event was a beautiful testament to the power of community and small acts of kindness, creating lasting ripples of care and connection that will be cherished forever.







## COMMUNITY RESOURCE AND ENGAGEMENT PROGRAM

Two sessions of the Community Resource and Engagement Program (CRE) have been conducted so far, one in August and the other in September. These sessions focused on providing resources and practical support for families, caregivers, and educators of children with autism and ADHD. The agenda included topics such as understanding the autistic brain, executive dysfunction, emotional support, and resource connections to meet the unique needs of neurodivergent individuals.

From hands-on activities to resource sharing, these sessions aimed to make the process of finding the right support less overwhelming. We hope to continue this program and create more opportunities for meaningful engagement in the future.





## *Resilience In Bloom* Art Project



We hosted our **Resilience in Bloom** event at the **Arlington Museum of Art**, and it was such a beautiful gathering of creativity, community, and shared stories. With neurodivergent individuals, allies, and friends, we created an art piece that celebrated resilience, identity, and belonging. A huge thank you to everyone who joined us and made this day so meaningful.



## *Painting with a Purpose*



On June 30th, we gathered for Painting for a Purpose, an evening filled with creativity, reflection, and community. We painted **Shimmer Lake**, each canvas becoming a reflection of imagination, inner strength, and the beauty of differences.





**UPCOMING**

**EVENTS**



## *Pumpkin Pals* 25th October, 2025



**REGISTRATIONS OPENING SOON!**

Come celebrate with Kind Theory and Chestnut Square on **October 25th, 2025, from 2-5 PM!** This is a sensory-friendly and food-allergy-friendly trick-or-treat event where every kid can join in the fun safely. Expect pumpkins, costumes, games, and a whole lot of spooky-season joy. Bring your family, bring your smiles, it's going to be a magical afternoon!

### Have questions, looking for resources, or just want to connect?

#### GET IN TOUCH

Whether you're a parent searching for resources, a caregiver looking for guidance, or simply someone who wants to learn more about neurodiversity, we're here for you. Reach out if you:

- Want information about our **sessions and programs**
- Need **support** navigating services for your family
- Are curious about **how Kind Theory works**.



#### GET INVOLVED

Your support helps us build communities where every neurodivergent individual is valued. Here's how you can join in:



- **Volunteer:** Share your time and skills
- **Partner:** Collaborate with us!
- **Spread the Word:** Introduce Kind Theory's work to organizations, schools, and networks that can benefit from or contribute to our programs.
- **Support:** Whether through donations, sponsorships, or providing resources, your contribution keeps these initiatives alive and growing.



CONTACT US AT  
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FOR MORE INFORMATION  
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