




# MEET A MOMENT OF MAGIC

Harnessing the powers of **creativity, friendship,**  
and **laughter** as tools in **healing** since 2014.

[www.amomentofmagic.org](http://www.amomentofmagic.org)  
[info@amomentofmagic.org](mailto:info@amomentofmagic.org)  
914.222.1301

A Moment of Magic  
10 E. 39th Street, Floor 12  
New York, NY 10016





Now more than ever,  
children are requiring  
services that support their  
mental health.

With your help, we can  
make sure they receive it.

## Our Mission

A Moment of Magic Foundation is a national 501(c)(3) nonprofit organization with a mission to improve the quality of life of vulnerable and underserved children and inspire them to be brave, strong, and fearless through fun and engaging social wellness activities.

## Our Services

Our creative art methodology helps children express, create, and heal in an open and supportive environment.

We use art, music, dance, and movement as tools for communication, emotional release and healing and provide an environment that is safe, supportive, and fun.

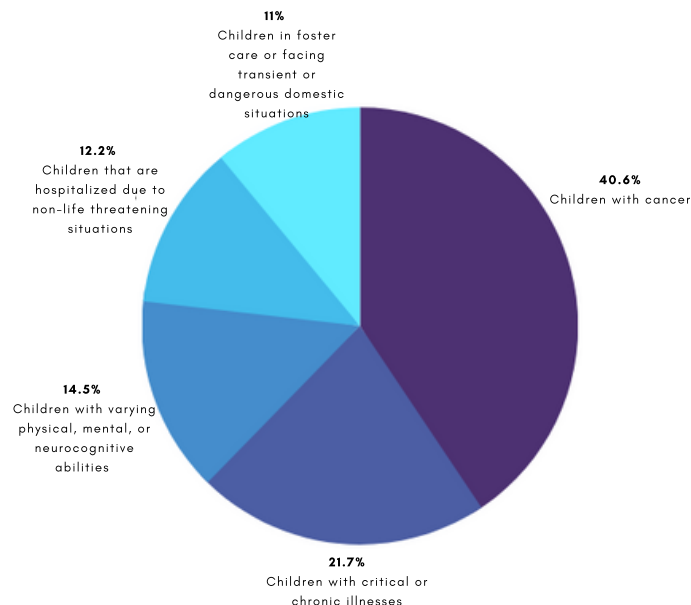
We understand the social determinants that affect a child's mental health and wellness, and our organization works in partnership with families, hospitals, college students, to ensure children equitably receive the resources they need to become well and thrive.

We implement evidence-based strategies for providing children in need with tools, resources, and support proven to improve their mental health and quality of life.

We partner with more than 250 nonprofit organizations and pediatric hospitals across the country to provide our services to children in need.

Together we create fun, empowering experiences for children that decisively contribute to their emotional, mental well-being, self-confidence, and self-esteem.

## Our Community



40% of those we serve are currently living under the median household income as reported by the 2020 census.

**Since beginning operations in 2014, we have visited over 110,000 children across the country through partnerships with more than 350 hospitals to provide unique, innovative, and essential services to children in need of mental health support.**



## The Need



20% of all children experience a mental health condition in a given year, but the children we serve that face critical or chronic illness or other traumatic life events are particularly vulnerable to mental health conditions. Now more than ever, children are in need of programming specifically focused on improving their mental health and quality of life.

## The Science



The most prominent and powerful tool for children's mental health is play. We create volunteer-led creative programming experiences that utilizes art, music, movement, and play as tools for self-expression, self-confidence, and self-esteem. By doing so, we can provide tools, resources, and experiences that support the mental health and quality of life of those we serve.

## The Impact



To date, we have provided A Moment of Magic to over **110,000 children** in need.

**100% of medical professionals** surveyed stated that our programming **improves the quality of life for the children we serve.**

*"Our patients do not have these types of experiences often. As an inner city hospital, our families do not have the opportunities other communities may have. It is so nice to be able to bring smiles especially when kids are not feeling well."*

**Cynthia L. Walter-Glickman**  
Certified Child Life Specialist  
Saint Barnabas Children's Hospital

## Our Partners & Supporters:

A Moment of Magic is proud to work with over 350 hospitals and nonprofit organizations across the country.



Memorial Sloan Kettering  
Cancer Center



# Together, we can champion mental health.

## Activate *volunteers*

By providing our volunteer opportunities to college student volunteers, we are able to supplement their education with hands-on volunteer opportunities, provide them with a sense of purpose and community, and positively impact their mental health.



### ENGAGE 1,000+ COLLEGE STUDENT VOLUNTEERS

With more than 30 chapters across the country, we are supplementing their education with hands-on volunteer experience and providing them with community and purpose.



### LOWER RATES OF DEPRESSION AND ANXIETY OF VOLUNTEERS

There has been a 135% increase in depression and 110% increase in anxiety in college students since 2013. Volunteering is clinically proven to lower rates of anxiety and depression.

## Supplement *healthcare*

Our goal is to support the work of our healthcare workers by providing accessible, volunteer led activities for patients that supplements the healthcare they are receiving.



### MAKE MENTAL HEALTH SERVICES MORE ACCESSIBLE

Up to 70% of children might not have access to a professional who can serve as emotional support and helping develop family coping strategies. We can make accessing tools and resources easier and more personalized to bridge the gap of care.



### SUPPORT OVEREXTENDED HEALTHCARE WORKERS

Prior to the coronavirus pandemic, healthcare worker burnout rates on average ranged from 30% to 50%. Now, burnout rates range from 40% to 70%. We can provide accessible resources and support that make their jobs easier.

## Serve *families*

Currently, only about 20% of children that need mental health support receive it. Together we can make mental health resources and support more accessible than ever before.



### STRENGTHEN COPING MECHANISMS AND REDUCE STRESS OF CHILDREN

Studies show that vulnerable children who received play interventions exhibited fewer negative emotions and experienced lower levels of anxiety than those that did not.



### CREATE SAFE, FUN, AND SUPPORTIVE ENVIRONMENTS

Our creative methodology helps children express, create, and heal in an open and supportive environment. We use art, music, dance, and movement as tools for communication, emotional release and healing.

# Currently, only about 20% of children that need mental health services receive it. We want to change that.

A Moment of Magic is at a pivotal time of growth in our organization's history. With increasing demand for mental health services for vulnerable youth populations, our services are needed now more than ever. Because of our engagement of college student volunteers, long standing partnerships with leading health organizations across the country, commitment to diversity, inclusivity, and accessibility, and our creative and engaging program offering, we are uniquely positioned to lead the way in providing essential mental health tools, resources, and support to vulnerable and underserved children across the country.

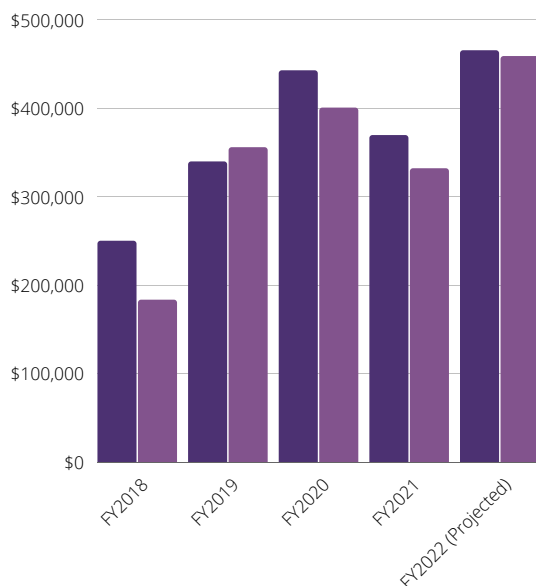
We believe as you do that families deserve a seamless network of mental health services. Our goal is to provide as many children in need with these essential services as possible, and we know that every program we host and every child we reach makes a difference.

Additionally, with your support we are working to develop additional, highly specific programming focused on specific populations including children affected by cancer, critical or chronic illness, differing abilities, gun violence, and other traumatic events. By doing so, we can launch targeted services across the country to the communities that need them most.

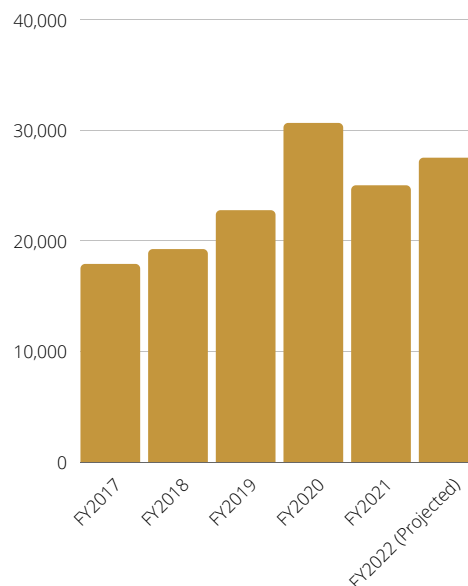
Addressing this epidemic will take significant collaboration and investment. With your partnership and support, we are poised to take the lead in providing these essential services, helping to grow the continuum of care in our community so we can reach more children and families.

Thank you for helping us create *A Moment of Magic* for children that need it most.

## Financials



## Children Impacted



## Key Projects Being Developed:

- Targeted mental health seminars and programs for children with cancer, children with varying abilities, and children affected by gun violence and other traumatic situations
- Continued commitment to diversity, inclusivity, equity, and accessibility in our programming
- Development of additional programs to provide direct support to families in need
- Additional virtual services, resources, and support
- New & improved volunteer engagement strategies

## To learn more and get involved:

[www.amomentofmagic.org](http://www.amomentofmagic.org)  
[info@amomentofmagic.org](mailto:info@amomentofmagic.org)  
914.222.1301

A Moment of Magic  
10 E. 39th Street, Floor 12  
New York, NY 10016