



## THE AIMEE COPELAND FOUNDATION

THE AIMEE COPELAND FOUNDATION EMPOWERS PEOPLE OF ALL PHYSICAL, DEVELOPMENTAL AND PSYCHOLOGICAL ABILITIES TO BUILD FULFILLING AND JOYFUL LIVES BY HELPING THEM CONNECT WITH NATURE, WITH THEMSELVES AND THEIR PERCEIVED DIFFERENCES, AND WITH THEIR WHOLLY UNIQUE PURPOSE IN THE WORLD.

### OUR MISSION

Workshop Retreats combine the healing power of nature with evidence-based practices in mind-body medicine while prioritizing inclusivity. We aim to support individuals coping with pain and disability who are underserved and continue to bear the brunt of socio-economic devastation. These individuals are particularly impacted by secondary effects of the pandemic such as isolation amplifying an already common experience of disability.

### INCLUSIVITY

We strive to create a welcoming and comfortable environment that fosters acceptance of diversity and encourages full participation from a broad-based spectrum of participants while strongly affirming the principle of inclusivity. We encourage participation from those with a disability, people of color, LGBTQ, and other marginalized groups. We would like there to be a space for everyone who wishes to join. We aim to make educational retreats affordable for those with a disability through scholarships. To apply for a scholarship, sponsor a participant or otherwise support a workshop retreat visit our page.

### MINDFULNESS-BASED BIOFEEDBACK® A COMPASSIONATE APPROACH TO OPTIMAL HEALTH

Join us in a restorative setting, where we will harness the healing power of modern health technology of biofeedback, mindfulness, and compassion-based strategies in an innovative approach to hack resilience in our own lives. We will practice skills to calm negative emotional and physical symptoms, develop a mindful brain, and regulate the effects of stress. Together, we will explore and discover our inner resources to create our b.e.s.t self. The workshop will help us learn how to incorporate these tools into everyday life so that we are able to continue our self-healing long after the training. The cohesive group experience paves the way for participants to establish a new path to fulfillment in their life from the collective inspiration, connection, and wisdom of the group. Growing into a more mindful way of life is achievable to anyone who recognizes a need for shift in their life and sets an intention to move forward.



## MEET YOUR FACILITATORS



**DR. URSZULA KLICH** is a clinical psychologist, author, and speaker with 25 years of experience teaching self-regulation for optimal health. She is board certified in biofeedback and is the president of the Southeast Biofeedback and Clinical Neuroscience Association. She is a certified provider of Cognitively-Based Compassion Training (CBCT®) through Emory University and has served on various medical teams. She consults on burnout, empathy fatigue, and developing compassion resilience as she believes living mindfully and performing optimally is accessible to anyone who recognizes a need for a shift in their life and sets an intention to move forward. Out of her experience in treating people with complex medical conditions, catastrophic injuries and chronic pain, Klich pioneered a specialized program of Mindfulness-Based Biofeedback® (MBB) which has been published and widely applied from hospitals to classrooms. The program is based on the premise that integrating mindfulness and compassion-informed treatment with traditional medicine fosters individuals' healing power to improve physical, emotional, and spiritual well-being.



**AIMEE COPELAND** is a psychotherapist, activist, registered yoga instructor, competitive swimmer, and executive director of Aimee Copeland Foundation. Copeland contracted flesh-eating bacteria at a tragic ziplining accident that ultimately led to quadruple amputations. She went on to complete a dual masters degree in psychology and social work. Copeland served as an intern at a top 10 rehabilitation hospital where she used her experience and training to teach others to cope with life changing circumstances and thrive. Shortly after her injury, Copeland launched the Aimee Copeland Foundation to bridge the gap between nature and accessibility. Copeland is the Chief Executive Officer of Grant Park Counseling Group in Atlanta, GA and practices psychotherapy as a Licensed Clinical Social Worker. Aimee holds certifications as a Clinical Hypnotherapist and a Clinical Trauma Provider and has training and experience using mindfulness-based modalities, internal family systems therapy, and somatic psychotherapy.





"THE TRUE MEANING OF LIFE IS TO PLANT TREES, UNDER WHOSE SHADE YOU DO NOT EXPECT TO SIT."

—Nelson Henderson

ACF understands that any form of disability affects a person's entire physical, mental, and spiritual existence, and that these individuals need mental health services and therapeutic programs that engage them actively and holistically. The Foundation raises funds and awareness to provide accessible outdoor opportunities and adaptive recreation for participants including retreats, workshops, programs, activities, and individual counseling.

**PREFER TO DONATE YOUR TIME AND SKILLS? REACH OUT TO VOLUNTEER!**

## HELP BUILD OUR ECOSYSTEM BY CHOOSING A LEVEL

### FOREST

**\$10,000**

- Everything included in Banyan Tree
- Exclusive opportunity to place on our resource page a 500-word blog post or message from your company, with final approval by ACF
- Naming opportunity for bench at ACF headquarters

### BANYAN TREE

**\$5,000**

- Everything included in Live Oak
- Opportunity to present during a workshop break
- Recognition in all press releases

### LIVE OAK

**\$3,000**

- Everything included in Sapling
- Posting on social media highlighting your organization and a scholarship recipient
- Logo on projector during all workshop breaks

### SAPLING

**\$1,500**

- Everything included in Sprout
- Logo on all signage at retreats for one year

### SPROUT

**\$1,000**

- Everything included in Seedling
- Three postings across our social media accounts highlighting your support (60k+ followers combined)

### SEEDLING

**\$500**

- Company name and logo on all promotional materials
- Company name and logo + link on the website

### WELLNESS BREAK SPONSOR

**\$300**

- Logo at wellness breaks for one year
- Your company will be introduced by facilitators to participants during a wellness break in the retreat series (restorative mini-sessions of self-care activities such as art, massage, yoga, etc.)

### WELLNESS GIFT SPONSOR

**\$200**

- Your organization logo on gifts
- Logo on website for one year

**PLUS MERCHANDISE DONATION OR COST OF BRANDED GIFT**



## SPONSOR INFORMATION

**YOUR DONATION ALLOWS US TO PROVIDE SCHOLARSHIPS FOR INDIVIDUALS WHO ARE LIVING WITH A DISABILITY AND EXPERIENCING FINANCIAL HARDSHIP.**

All proceeds go directly to the Aimee Copeland Foundation, a 501(c)3 nonprofit organization, and are held in a fund that provides scholarships to Workshop Retreats for people with physical, mental or developmental disabilities.

Name

Company Name

Phone

Address

City

State

Zip Code

Email

Enclosed is my check for:

(print sponsorship level)

- ☐ We would like someone to contact us about volunteering
- ☐ Check number \_\_\_\_\_ enclosed
- ☐ I authorize ACF to charge my credit card for a payment of \$ \_\_\_\_\_
- ☐ Payment made online at <https://aimeecopelandfoundation.org/donate/> on \_\_\_\_\_ (date)

Please send check with  
this form to:

**391 ARNOLD STREET NE  
ATLANTA, GA 30308**

If paying by credit card, please  
send form electronically to the  
email below.

### QUESTIONS?

**CONTACT US AT 770.296.8646  
OR BY EMAIL AT  
AIMEEMERCIERLCSWGMAIL.COM**

Name

Card Number

Expiration

CVV

Billing Zip Code

**THANK YOU FOR YOUR GENEROUS SUPPORT  
OF THE AIMEE COPELAND FOUNDATION.**



MORE INFORMATION ON WORKSHOP RETREATS, REGISTRATION AND SCHOLARSHIP INFORMATION IS  
AVAILABLE AT: [AIMEECOPELANDFOUNDATION.ORG/WORKSHOP-RETREATS/](https://aimeecopelandfoundation.org/workshop-retreats/)

