January 2021

Dear Mental Health Foundation of Nova Scotia,

**RE: Funding for After Trauma Empowerment Network’s Project MAAT (Music & Art After Trauma)**

The After Trauma Empowerment Network (ATEN) in East Hants, Nova Scotia, provides emotional support, therapeutic counselling and community education to individuals, families and communities negatively affected by trauma (mental, physical, sexual, violence, intergenerational, etc.). ATEN is a Safe Space for all genders, cultures and backgrounds. ATEN is a valuable, distinct community resource in East Hants and Nova Scotia for individuals who are survivors of trauma and living with the mental health symptoms and impact of trauma.

I am a resident of Nova Scotia and I have personally been affected by the COVID 19 pandemic and the mass shooting that occurred in this province in April 2020. I know individuals who have been negatively affected by these events and would benefit from the services ATEN offers.

I fully support ATEN’s initiative Project MAAT (Music & Art After Trauma) to offer an online weekly forum for individuals affected by trauma. This project will offer a weekly online discussion forum with a licensed therapist and co-host that will provide education (on trauma and mental health/illness), a topic for discussion combined with a music and/or art element. I agree with the research that indicates music and art as being greatly beneficial for individuals dealing with trauma symptoms, stress, anxiety, depression, Post Traumatic Stress Disorder, cognitive difficulties, and more. I believe Project MAAT will be therapeutically beneficial in many ways, such as: reducing anxiety, reducing mental and trauma symptoms, reducing sense of isolation, improving self-esteem and self-awareness, providing social connection and support, sense of community, offer self-discovery and self-expression, promoting trauma-informed practices and more.

I believe this is a very worthwhile and valuable project that will benefit many survivors of trauma and those who support them. I believe this is an innovative and important project that deserves to be funded and supported by the Mental Health Foundation of Nova Scotia.

Thank you for your time and the support you give.

Sincerely,

Printed Name:

Signature: