



SISTERS *of* CHARITY FOUNDATION
OF CANTON

March 26, 2019

Warrior Beat: Helping Manage the Rhythms of Life

At our February Board meeting, Foundation staff and Board members got to start their morning with mindfulness and meditation, thanks to a visit from Warrior Beat Co-Founder Trevor Meyer and his colleagues.

Trevor and the other drummers led the group through a drum circle and meditation session to illustrate the power of group drumming to cultivate mindfulness. Warrior Beat is the only organization of its kind in our community; it uses group drumming sessions to help veterans and their family members work through the stresses and traumas of reintegration into civilian life.



Trevor devised the concept for Warrior Beat during treatment for post-traumatic stress following his own military service. He knows first-hand the power of drumming to promote healing, well-being, and

fellowship. The organization's drum circles are especially designed to help those facing post-traumatic stress disorder, physical wounds, and substance abuse issues.

Foundation funding has supported the purchase of drums and equipment for Warrior Beat, to help this underserved population of heroes as they work to heal and thrive.



Trevor Meyer, Co-Founder

Learn more at warriorbeat.org

The 2018 Annual Report has been mailed!



Our annual report highlights organizations that are funded by the Foundation and those that serve as partners in our Foundation-led initiatives, strategic collaborations, and our responsive efforts.

Several years ago, we began using the tagline *focused intentional giving* to describe the methodical way we accomplish our goals. The tagline fits. Time and time again, we've seen for ourselves that **mission + focus = powerful results**.

[Click here to view](#) the report. If you would like a printed copy, please contact Anne Savastano at asavastano@scfcanton.org or (330) 454-5800 ext. 304.

Design by Cassel Bear and printing by PPI Graphics.

Grant Application Process Workshop

The Foundation holds grant application process workshops periodically. All nonprofit organizations that intend to apply for funding are encouraged to send a representative to the workshop.

Participants will learn about the Foundation's grantmaking structure, guidelines, and online grant application process. Grant seekers will have an opportunity to ask questions and get answers from Foundation staff to help them with the grant application process.

The next workshop is scheduled for **Tuesday, June 4, 2019**. The workshop will be held from **9:00-10:30 a.m.** at the Foundations Centre, First Floor Conference Room, [400 Market Avenue North, Canton, Ohio 44702](#)

To register for the workshop please contact: **Liz Ford, Administrative Assistant**
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