

MY BODY AND SOUL
OUR MISSION, VISION, AND CORE VALUES

Our Mission

The mission of My Body and Soul is to give HOPE to our clients by extending love, providing them with free basic care items, and offering a place share their burdens and renew their spirits.

Our Vision

My Body and Soul's vision is to help reduce generational poverty by helping our client families build HOPE, CONFIDENCE, and FAITH that they have a bright future; that they can provide a better life for their families; and that they can succeed in school.

**Fundamental to our organization are these Core Values
that shape, direct, and inspire us daily.**

Our Core Values

We are an organization comprised of people who believe it is our responsibility to create opportunities for lives to be change, to help those less fortunate build a better future, and to foster trust and integrity in all we do.

Who we are:

- We believe love changes lives.
- We act when we see a need.
- We strive to be honorable of all people.

What we do:

- We provide for the basic needs of our clients with the help of our volunteers and donors.
- We show our clients that they matter through simple loving actions.
- We strive to provide a safe environment for our employees, volunteers, and clients.

How we do it:

- We treat all people as we would want to be treated.
- We strive to operate with integrity and trust in all we do.
- We strive to honor God and be respectful of each other, our clients, and our donors.

Love is just a word until someone gives it meaning.