

4:13
STRONG



PROGRAM OVERVIEW

STRONGER **MEN.**
STRONGER **FAMILIES.**
STRONGER **NASHVILLE.**



A SECOND CHANCE FOR MEN IN NASHVILLE



STEVE NORRIS
PRESIDENT

For the men at 4:13 Strong, having a second chance is more than an opportunity to do things differently. A second chance is an open door to a better life. It's hope. It's redemption. It's everything!

In the real world, there are so many distractions trying to pull our guys off the right path, but 4:13 Strong creates the discipline and structure they need to stay focused on their goals. It's a lifeline pulling men out of the depths onto a new foundation, rooted in faith.

Our program is not easy. It takes determination, drive, passion, and work to make it through because we know life doesn't change based on wishful thinking. Hard work makes a lasting change, and we see that every day in the lives of the men at 4:13 Strong.

Read on to learn more about our approach, and see how you can help us equip men in Nashville to become the men God created them to be.

TOGETHER WE CAN BREAK THE CYCLE OF POVERTY, CRIME AND DEPENDENCY.

4:13 Strong provides training, skills and job placement for at-risk men through an intensive, residential program. With your support, we work to:

Break the cycle of poverty, crime and dependency.

Provide faith-based educational, vocational and life skills training for all men in the program.

Equip men to succeed personally and professionally.

Give men opportunities to learn how to lead at work, at home, and in their community.

Create a supportive environment for men to build a better life.

Our hands-on approach sets us apart from other programs. We are there every step of the way.

“I saw my cousin go through the 4:13 Strong program and turn his life around and thought I needed that too. I wanted to change myself, to be a man, to grow up. I came here to turn my own life around.”

- Marshon





HOW IT WORKS

Our three-phase program equips each man with the tools he needs to change his life forever.

1 TRYOUTS: MENTAL TOUGHNESS WEEK

To enter the program, participants must complete a week of physical and mental conditioning we call “Mental Toughness Week.” Men are put to the test with a series of challenges designed to push them outside of their comfort zones and test their character under pressure. Get the upcoming Mental Toughness Week schedule at 413strong.org/events.

2 40-DAY CHALLENGE

During the 40-Day Challenge, men spend time in the 4:13 Strong classroom each day, where they participate in financial literacy, work readiness and construction skills training classes, as well as Bible study. The men visit multiple job sites, and earn three construction-industry certifications. Every weekend during the 40-Day Challenge, men participate in a service project or adventure outing.

3 GET TO WORK

Equipped with the right job skills and certifications, all men completing the 40-Day Challenge find full-time employment. With a steady paycheck and a new mindset, the men work toward buying a car with cash and saving an emergency fund. The process gives them the confidence to clearly see the path to standing on their own two feet.

**Interested in joining?
Know someone who
could benefit?**

If you have questions or think you or someone you know might be interested in joining the program, go to 413strong.org/join to learn more and get started.

GRADUATION REQUIREMENTS

To successfully complete the program, men must have:

- 4 months of continuous employment
- Court fees and fines paid off
- Driver's license acquired or reinstated
- Car and insurance purchased with cash
- \$1,500 emergency fund saved

EVERY MAN DESERVES A CHANCE TO REACH THEIR POTENTIAL AND DO GREAT THINGS.

Our core values
drive everything
we do.

1

BREAK THE MOLD

If you want something different, you must do something different. Old patterns of behavior will not produce new outcomes.

We encourage men to defy the odds and break free from their past by providing an opportunity to live in our 4:13 Strong community.

3

BE BRAVE

It takes courage to do the right thing. Be brave and don't be afraid to be different.

We empower men to conquer their fears by teaching them the life-skills they need and certifications they can use to succeed in the real world.

2

NEVER GIVE UP

Change is hard, but the results are worth it. Work hard and never give up on yourself.

We entrust men with a second chance and support them as they put the work in to make a lasting change.

4

TRUST THE PROCESS

You must learn from those who have gone before you. Trust them to guide you.

We equip men with the faith-based foundation and community they need to build a better life, knowing that true change happens during the process of our 6-month residential training program.

"I started as a foreman 3 years ago and now I'm an operation manager. I manage 10-12 crews all over Middle Tennessee. I want to thank you for my second chance. 4:13 Strong taught me how to be a good leader, a great father, and how to trust and respect people. "

- Lamar Ward





HOW YOU CAN GET INVOLVED



MAKE A DONATION

Your donation helps provide shelter, food, transportation, training and opportunities for men who want a fresh start. Your financial support is crucial to our men and community.

413strong.org/give



REFER SOMEONE

Know a man who might benefit from the 4:13 Strong program? We want to give men the chance to redeem their past and build a better future.

413strong.org/refer

Do you need a second chance? 4:13 Strong is here for you.

If you're ready to change your circumstances, we'll show you how. Find out how you can start a career to support you and your family.

413strong.org/join



VOLUNTEER

Be part of something bigger. Our men are driven to build a better life and your gift of time and energy can help them get started.

413strong.org/volunteer



ATTEND EVENTS

We have weekly opportunities for you to get connected and build community at 4:13 Strong. Your support makes a lasting impact on our men's lives.

413strong.org/events



BE A JOB PARTNER

We are looking for companies who need dependable, well-trained and motivated entry-level employees.

413strong.org/job-partners

INVEST IN BUILDING A BETTER COMMUNITY.

Every dollar
helps keep a man
off the streets
another day.

Housing an inmate costs approximately \$70 per day. It costs 4:13 Strong \$50 per day to providing housing, transportation, food and programs. But it's about more than saving tax money. It's about saving lives.

We are a 501(c)(3) organization and your donation is tax deductible as allowed by law. You can give online at 413strong.org/give or mail checks payable to 4:13 Strong to PO Box 101425, Nashville, TN 37224.

\$50

Contributes to curriculum and classroom materials for a man

\$100

Contributes to providing a man with his 4:13 Strong uniform (khakis, boots, 2 polo shirts and a belt)

\$250

Contributes to feeding men throughout the 40-Day Challenge

Questions about giving?

Visit 413strong.org/give or contact aleena@413strong.org for more information.

IN-KIND GIVING

The small things make a big difference. Your gifts help our men keep their kitchen stocked and house in order. Drop items off at our main campus between 8 am and 5 pm. We can use:

- Bedding (twin and full size beds)
- Towels and washcloths
- Work coats, jackets and boots
- Gently used clothes
- Toothbrushes and toothpaste
- Deodorant
- Soap and shampoo
- Nonperishable food
- Laundry detergent
- Cleaning supplies
- Trash bags
- Ziploc bags

"The name Ronald Tibbs has had a bad pattern for a long time...

The first and second time I got locked up was at 16 and 18 years old. It's not easy coming from the hood. I used to steal cars and sell weed, just to have a way around and to get by. One thing that is not common for people like me is a second chance. Thanks to 4:13 Strong, I have that and a new outlook on life.

I can be a light for my future sons and daughters, my younger siblings, and generations to come. I'm in the position to be a better man, more financially stable, and more spiritually intact.

I'm going to rebrand the name Ronald Tibbs. I'm going to change the meaning of it."

- Ronald Tibbs III





FREQUENTLY ASKED QUESTIONS

How do men get into the program? Do you have a formal application process?

To apply to the program, complete an [Interest Form](#) on our website and participate in our week-long evaluation called Mental Toughness Week. By Friday of Mental Toughness Week, we will make our determination of who is accepted into the class. Check our [online event calendar](#) for the next upcoming Mental Toughness Week.

Who do you accept into the program?

We accept men ages 18-30 who come to our Mental Toughness Week and demonstrate the effort and attitude that will be needed to complete the 4:13 Strong program.

How much does it cost?

There are no fees to participants. We are supported by generous donors in the community who provide the funds it takes to support your participation in the program.

Is a GED or high school diploma required?

No, it is not a requirement to have a GED or high school diploma.

Do you take men who have pending legal cases?

We do accept men who have pending legal cases. We will want to know what the case is about and the anticipated timing of court obligations. If we can make that work with the class schedule, then we are happy to work with it.

How long does the program last?

Most men complete the program in 6-8 months.

How many classes are there per year? How many guys are in each class?

There are four classes per year. On average, there are about 15 guys in each class.

Do men need their own car to go to work?

We provide transportation to and from the workplace while men live on campus.

How do men get hired?

We work with numerous [Job Partners](#) in the city of Nashville who attend our career fair events each year. During this event, men have the opportunity to chat with hiring managers and company owners about their employment opportunities. Men may interview and receive a job offer.

More questions?

Visit 413strong.org/faqs or contact steve@413strong.org for more information.