



September 2021

A Note from the President

The 4:13 Strong program changes lives, but the truth is that we don't do this alone. It takes men willing to put in the work, staff investing in our guys, volunteers giving their time, donors providing the funds to support our program, and job partners willing to give each man an opportunity to build a better life for himself and his family. Amidst all the uncertainty of the last year and a half, we continue to be reminded that we are certainly stronger together.

We've been blown away by the outpouring of support this year. I want to take a moment and say thank you. Without each one of you, we would not be able to provide an opportunity for our men to rewrite their stories.

With 2 classes still to complete training, 4:13 Strong has reached these milestones already in 2021:

- **44** men participated in Mental Toughness Weeks
- **21** men completed the 40 Day Challenge.
- **21** men secured full-time employment.
- **80** volunteers gave their time, talents, and resources and got involved at 4:13 Strong.
- Exceeded our funding goal at our Stronger Together Dinner event.
- **25** active Job Partners in Middle Tennessee in 2020-2021.

I'd like to recognize our Job Partners who play the essential role of employing our men after they receive training and certifications through the 4:13 Strong program. When our Job Partners attend our job fairs, employ our men, and believe in the work of 4:13 Strong, our men feel empowered to take ownership of their lives and trust the process.

Many of our Job Partners even go the extra mile, choosing to personally invest in the lives of our men on the job site as mentors and accountability partners.

With 33 Job Partners across Middle Tennessee, we've been able to place **209 men in full-time employment** since 2015. That's amazing when you consider the families those 209 men represent and the countless futures that have been changed because each man was willing to break the cycle they were living in.

When people come together, incredible things will happen. Lives can be changed for the better. That's never been more true than at 4:13 Strong, where we know we are stronger together.

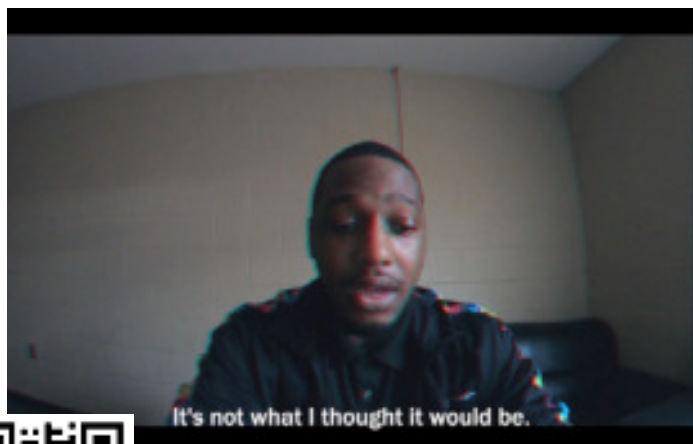


Steve Norris
President, 4:13 Strong

Go Behind the Scenes with Our New Docuseries

We've always done our best to give our supporters and partners a realistic picture of what it takes to make it in our program. We talk about it, write about it, share photos and updates — but we always came back to the question, “How can people *truly* see what it takes?”

To answer that question, we've created a **four-part docuseries** that follows a class of men through the 4:13 Strong program. It's a raw and unfiltered look at the journey — from Mental Toughness Week and the 40-Day Challenge to Signing Day.



Watch the Trailer!

Scan the QR code with your phone camera



EPISODE 1 THE CHOICE

Making the decision to join 4:13 Strong isn't the hardest part. Not giving up when it gets tough is. See what it takes for men to choose to push past the pain for a second chance at a better future.



EPISODE 2 THE CLASS

It's the end of Mental Toughness Week and tryout participants face their final test. Class selections are announced and bonds are built. Now, the real work begins.



EPISODE 3 THE CHANCE

“Leave what you know behind.” The men begin to dig into what it means to be a man of character inside and outside the classroom. Will they have what it takes?



EPISODE 4 THE CHALLENGE

The 4:13 Strong class encounters their toughest challenges as Signing Day approaches. In the final episode, the class is faced with early goodbyes, another chance, and a start to the next chapter of their story.

Unlock the Series!

This video series is available **EXCLUSIVELY** to our donors. With a new donation of \$25 or more, you can unlock all four episodes. Visit 413strong.org/watch to get access and journey with our guys as they rewrite their stories.

Contact aleena@413strong.org for more information.

Stronger Together



FIRST YEAR WITH 5 CLASSES

With a growing need for our services, 2021 will be our first year welcoming 5 classes of men to the 4:13 Strong program.



2021 JOB PLACEMENTS

This year we have assisted in 21 job placements at an average starting wage of \$15.36/hour. We are so proud of Devon who received high praise for his work at TW Frierson.



CELEBRATING SIGNING DAY

In July, we celebrated the 8 men who completed the 40-day challenge and secured employment with our Nashville Job Partners.



ADVENTURE SATURDAYS

We provide opportunities for our men to get out of their comfort zone and into nature to engage in new experiences.



NEW PARTNERS IN THE COMMUNITY

Our guys explored our community and partnered with PieTown Tacos to share our mission and their story with our neighbors and friends.



THANK YOU!

We came together for our annual dinner in-person! This year we were astounded by the support you showed, surpassing our \$100,000 goal for the evening.

Pray With Us

Looking for ways to get involved with 4:13 Strong? Join our prayer team. Show your support by praying for our guys as they use their second chance to rewrite their stories. Visit 413strong.org/volunteer to sign up today.

GOLF TOURNAMENT

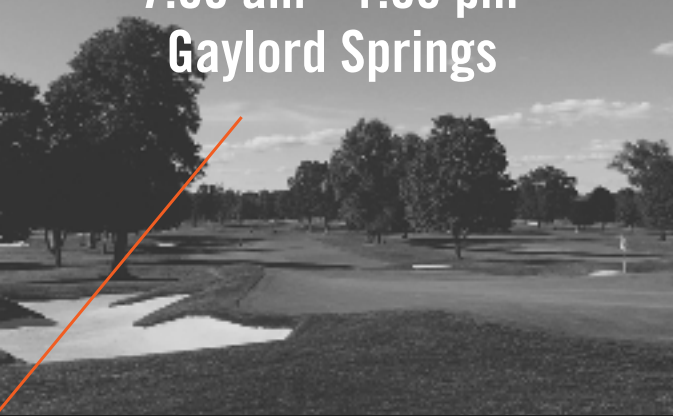
To Benefit 4:13 Strong

Friday, October 1, 2021
7:00 am - 1:00 pm
Gaylord Springs

Visit 413strong.org/golf to register.

4:13 STRONG

P.O. Box 101425
Nashville, TN 37224



What does it mean to be 4:13 Strong?

What does it mean to be 4:13 Strong? Some may say it's believing in yourself, others may say it's hard work. Being 4:13 Strong is more than a simple saying...it's a lifestyle.

At 4:13 Strong we practice **Breaking the Mold, Trusting the Process, Never Giving Up, and Being Brave.** These core values provide the guardrails for our program as we guide our men to a better path. Since 2015, we have assisted in 209 job placements, helping men get the skills and training they need to build a more financially stable future for themselves and rediscover the faith they need to live as Godly men in our community. Visit 413strong.org/stories to see stories of transformation.