

# IT'S ALL ABOUT AT-RISK YOUTH



On any given day in Florida, thousands of teenagers in the foster care system and others living in high-risk environments are trying to find their way in life without parents or family to help or guide them. Most will relive their trauma repeatedly in their minds, creating a toxic state of the mind, body and soul. Over time, this existence can erode their emotional, physical and spiritual health and eventually shatter their well-being, and along with it, any hope of living a healthy, happy, or successful life .

When this happens, they become high-risk targets because they're vulnerable. They can get lured into sex trafficking and gangs or resort to a life on the streets and sleep in laundry rooms, under bridges and abandoned buildings. Most will self-medicate with drugs and alcohol, or cause harm to themselves or others to escape the pain of their reality. It's tragic. They didn't choose their life's path, they were abused, abandoned or victimized and are left to survive on their own. These kids are valued human beings. They need love, healing, guidance, and skills. They need a second chance.

BiG Children's Foundation has a heart to prevent these outcomes and change their life trajectory. We provide teens with mentoring and support to help them heal, programming that addresses their health and wellness, and education, skills training and resources to help them lead healthy, happy, productive lives. We're on a mission to change their life trajectory.

Our annual BiG Cardio Event in May is an important part of what we do. This event provides a platform to raise awareness of our mission and raise revenue to fund our programs so we can continue impacting lives and reshaping futures. So when you participate in our BiG Cardio Event, you are not only signing up for a lot of fun, but you'll be a BiG part of the solution!

To learn more about our mission, visit [ReshapeTheirFuture.org](http://ReshapeTheirFuture.org). To learn more about our BiG Cardio Event, visit [bigcardio.org](http://bigcardio.org).



*BiG Children's Foundation, Inc. is a 501 ( c ) 3 non-profit organization dedicated to reshaping the futures of at-risk youth, including foster teens, victims of abuse and human trafficking, and youth aging out of the child welfare system. Learn more at [ReshapeTheirFuture.org](http://ReshapeTheirFuture.org)*