



FOR IMMEDIATE RELEASE
September 2021

Reclaim Foundation hosts first anniversary event “Shatter the Glass”

Shatter the Glass, which begins Sept. 1, will serve as a celebration of all that Reclaim Foundation has accomplished within their first year, and to serve as motivation to continue to help those impacted by trauma.

According to Megan Bull, Founder of Reclaim Foundation, they hope to promote self-care and prioritize mental health in conjunction with physical health through the event.

“Our goal with Shatter the Glass is to motivate people to reclaim their life after trauma, build resilience, and empower those around them to do the same,” Megan says. “We want to help people break through the barriers holding them back from their dreams, goals, or living their normal lives.”

The event will be broken into two parts: the photo challenge and the Shatter the Glass sweepstakes. For the photo challenge, participants will be asked to take a picture with the Shatter the Glass banner while participating in an event that helps them reclaim their lives. Each person will have a different challenge depending on how they were impacted by trauma and where they are at in their healing journey. Activities for this challenge may include hiking, reading, going on a walk by yourself, getting out of bed, spending time in the sun, etc. This challenge will help to raise awareness for all the differing paths that come with trauma recovery.

The second part of the event will be the Shatter the Glass sweepstakes, which will take place between Sept. 13-29, where Reclaim Foundation will offer a variety of items to help promote self-care and prioritize mental, physical, and emotional health. Keep an eye on Reclaim Foundation’s website for more details. Giveaway items include Apple Airpod Pros, Apple Watch, vinyls for “Thank You for Today” by Death Cab for Cutie, “Outer Peace” by Toro y Moi, “Always Tomorrow” by Best Coast, and “Fever Beats” by Josh Ritter, a signed poetry book, and women’s empowerment t-shirts.

Shatter the Glass is also a celebration of what Reclaim Foundation has achieved in their first year. In addition to winning the Victoria’s Secret PINK with Purpose Project, the team has also created resources for trauma, sexual assault awareness, and the impact of wildfires on mental health. They’ve also worked with local businesses and nonprofits including Artists for Trauma, Community Solutions, The Neon Exchange, DreamPower Horsemanship, and Gilroy Strong Resiliency Center (GSRC). Reclaim Foundation also participated in multiple events like Neon Exchange’s Cooking Show, and they partnered with GSRC for Gilroy Week of Kindness and Gilroy Garlic Festival Mass Shooting Vigil.



Reclaim Foundation based the event title on the idea that participants should “shatter the glass” of the window that’s holding them back from truly living. To embody Reclaim Foundation’s logo, people are encouraged to not just watch the poppies through the window, but to go out among the poppies and enjoy the life beyond.

“As a trauma survivor, I often felt like my trauma held me back from living my life,” Megan says. “I would watch people from my apartment window living their lives and desperately wanted to break down the barriers that were built from my trauma, so I could enjoy my life outside the window with those people.”

Shatter the Glass allows participants to do just that. Join Reclaim Foundation for Shatter the Glass throughout the whole month of September.

About Reclaim Foundation:

Founded in 2020, Reclaim Foundation is a California-based 501c3 that empowers people impacted by traumatic events. With the launch of the Reclaim Foundation Portal, the organization connects survivors of traumatic events to others from similar situations in order to nurture growth and healing within their online environment.

Reclaim Foundation is also aware that when traumatic events occur, family and friends can benefit from a supportive community to uplift the survivors in their lives. With this in mind, Reclaim Foundation provides useful resources to help all those impacted by trauma. Some of the nonprofit’s fundamental goals focus on raising awareness on the occurrence and impact of traumatic events, assisting with some trauma-related costs, and engaging in activities that empower survivors to reclaim their lives in the wake of trauma.

Website: <https://www.reclaimfoundation.org>