



Request for Proposals Wellness Circle Facilitators

– Promise to Heal Project

RFP #: TH-PTH-WC-2026

Close Date: April 24, 2026

Submit proposals to:

Dorothy “Dee” Smith — Director, Strategy & Partnerships

at

Dorothyhk@teenhype.org

cc: Amy Peterson, Finance Manager at amy.peterson@teenhype.org

Email subject line: Request for Proposal – Wellness Circle Facilitator

ABOUT TEEN HYPE

Teen HYPE (Helping Youth by Providing Education) is 501(c) 3 youth development agency that uses a multi-tier approach to educate and empower youth. Founded in 2004, Teen HYPE's mission is to "Celebrate youth. Confront barriers. Build bridges". Teen HYPE provides vulnerable youth with the individualized and holistic support they need to become productive, self-sustaining adults. Through the youth driven model, kids are provided education, leadership and civic engagement opportunities. www.teenhype.org

ABOUT THE PROMISE TO HEAL PROJECT

The Promise to Heal Project is a prevention-focused initiative designed to support stress reduction, emotional wellness, resilience-building, and positive community connection. As part of this work, Teen HYPE is providing Wellness Circles—community-based experiences that help participants reduce stress, build healthy coping strategies, strengthen resilience, increase positive social connection, and develop skills that support emotional wellbeing. Wellness Circles may take place in parks and recreation centers, community centers, schools, libraries, and other accessible community locations.

SERVICES SOUGHT

Teen HYPE seeks qualified facilitators to design and lead Wellness Circle sessions in community settings. Each session should support participant wellbeing through practices that promote stress reduction, emotional regulation, coping skill development, strength-based resilience, and social connection.

- Design and facilitate wellness circle sessions for at least 100 individuals in Detroit by August 30, 2026 (each person counted once)
 - Create welcoming, inclusive environments
 - Lead outreach, marketing, and engagement efforts to invite and connect people to the experience.
 - Collect and submit accurate sign-in sheets for each session to support program tracking
- * There may be additional opportunities to provide wellness circle experiences for Teen HYPE partners based on availability and organizational need.

WELLNESS CIRCLE EXPERIENCE AREAS

Movement + Music: Community Flow: Music-supported movement experiences designed to promote stress reduction and emotional balance. Examples may include yoga, tai chi, mindful movement, guided stretch, mobility practices, expressive movement, or culturally rooted movement forms.

Sound & Stillness: Sound-supported experiences designed to encourage relaxation and mental reset. Examples may include sound bowls, guided relaxation, meditation, or immersive soundscapes.

Vision & Intention Studio: Creative sessions that support reflection, personal clarity, and future orientation. Activities may include vision board creation, journaling, guided prompts, or reflective exercises.

Creative Healing Circle (Art + Music): Art- and music-supported experiences that encourage expression and connection in a welcoming environment. No artistic experience should be required.

QUALIFICATIONS

- Experience facilitating movement, creative, wellness, or community-based group experiences
- Ability to work with diverse and intergenerational community participants
- Strong communication and facilitation skills
- Reliability and professionalism
- Alignment with community-centered wellness practices

REQUIRED TRAINING

All selected facilitators will be required to complete a 2-hour trauma-informed, healing-centered training provided by Teen HYPE prior to facilitating sessions. The training will be asynchronous and paid upon completion.

PROPOSAL PROCESS

- Brief statement of interest (1–2 paragraphs) describing your interest in facilitating Wellness Circles and your approach to this work
- Resume, CV, or professional bio
- Description of the proposed Wellness Circle experience, including example activities, approximate session length, and how the session supports stress reduction, coping skills, or emotional wellbeing
- Proposed facilitation rate per session or workshop and general availability
- Contact information for two professional references

SELECTION PROCESS

Proposals will be reviewed by Teen HYPE staff based on relevant experience, alignment with Wellness

Circle goals, and overall fit with program needs. Teen HYPE may contact applicants for additional information before making final selections and may select one or multiple facilitators.

The deadline for receipt of proposals is Tuesday, April 24, 2026.

Teen HYPE is an equal opportunity organization, and retains and contracts with persons and organizations in a manner that does not discriminate because of race, color, ethnicity, religion, sex, sexual orientation, gender identity, gender expression, national origin, age, veteran status, or physical or mental ability which is unrelated to performance. Proposals are encouraged from all interested individuals, including racial and ethnic minorities, women, persons with disabilities, and LGBT persons, and minority/women-owned businesses.