



2960 Grand Concourse, Suite L-2 • Bronx, NY 10458

Office: 201-724-5489 | **Fax:** 914-346-5031

Email: minettefoundation@gmail.com | **Instagram:** @minettefoundation

The Minette Foundation is the nonprofit arm of Minette Psychotherapy and operates as an international 501(c)(3) organization founded by Mary Taveras Garcia, LCSW-R, and Madeline Maldonado, LCSW-R. As the charitable branch of the practice, the Foundation is dedicated to expanding access to mental health services and educating communities about mental health and wellness to reduce stigma and promote healing. Through this structure, the Foundation helps cover the cost of care for individuals who are uninsured or unable to afford services, including Autism diagnostic evaluations and mental health therapy for children, youth, and adults.

Our Mission

Our mission is to expand access to mental health care and essential resources—including providing food, clean water, and hygiene items—for women, men, children, youth, and families experiencing poverty or systemic barriers to care. We are equally committed to supporting the well-being of providers working with these communities by offering professional development trainings and wellness/self-care events—strengthening trauma-informed systems of support across sectors.

Our Reach

The Minette Foundation is U.S.-registered entity but operates globally seeking partnering with providers and organizations to create tangible, cross-border impact and uplift women, men, children, and families. Our international work promotes education, healing, and family reconnection—so that every woman, man and child has the opportunity to reclaim their story and shape a different future.

How the Minette Foundation Provides Services

The Minette Foundation expands access to trauma-informed care and essential resources through a collaborative, community-powered model:

- **Professional Volunteer Network:** Licensed clinicians, educators, and wellness practitioners offer pro bono or low-cost services, mentorship, and training—especially those who are bilingual and culturally responsive.

- **Strategic Partnerships:** We work alongside schools, nonprofits, clinics, and grassroots organizations to reach under-resourced communities and co-create sustainable care pathways.
- **Direct Support Through Donations:** Contributions fund free or affordable Autism evaluations, mental health therapy, and critical supplies like food, water, and hygiene kits for families in need.
- **Community Engagement Events:** We partner with individuals and groups to host fundraisers, wellness gatherings, and awareness events that reduce stigma and uplift both caregivers and those they serve.
- **Education and Mentorship:** Students and early-career professionals gain hands-on experience through internships and field placements that emphasize equity, healing, and community care.

Internship Description

The Mental Health Practitioner Internship at Minette Psychotherapy + Minette Foundation offers a dynamic, hands-on learning experience rooted in trauma-informed, community-centered care. Interns will engage in both clinical and macro-level activities that support the mental health and wellness of diverse populations, with a special focus on outreach, education, and advocacy. **Opportunities for Learning Include:**

Collaborative Professional Development & Supervision

- Participate in weekly group supervision with fellow interns to reflect on practice, build clinical insight, and foster peer support.
- Attend staff meetings and professional development trainings to deepen understanding of trauma-informed, culturally responsive care.

Community Engagement & Outreach

- Conduct outreach to community partners (e.g., schools, churches, community agencies, senior centers) to share information about available services through Minette Psychotherapy and the Minette Foundation.
- Coordinate and schedule both virtual and in-person workshops on mental health topics (i.e.- bullying prevention) tailored to the requests of partner sites.

Content Creation & Awareness

- Develop mental health-related content to be shared on our social media platforms (Facebook, LinkedIn and Instagram) to promote awareness, reduce stigma, and highlight community resources.

Development & Fundraising

- Research private donors and grant opportunities aligned with the Foundation's mission to expand access to care.
- Support the planning and execution of fundraising initiatives that sustain and grow the Foundation's impact.

Clinical Learning Opportunities

- Group Observation- Shadow and observe psychoeducational and support groups for parents of children with autism, gaining exposure to group facilitation and family systems work.
- Providing therapy sessions to individuals, couples and families ranging in ages from 3 to end of life.

Diagnostic & Intake Experience

- Observe autism diagnostic evaluations for toddlers ages 0-3 to understand early childhood assessment practices.
- Participate in conducting psychosocial intakes for individuals seeking eligibility through the Office for People With Developmental Disabilities (OPWDD).

This internship is ideal for students seeking a well-rounded experience that integrates clinical exposure, community-based practice, and nonprofit development. Interns will leave with strengthened skills in outreach, advocacy, and trauma-informed care—equipped to serve diverse communities with compassion and clarity.