

TRIUMPH FOUNDATION

Helping people triumph over paralysis

WWW.TRIUMPH-FOUNDATION.ORG

Triumph Foundation helps kids, adults, and veterans with Spinal Cord Injury and paralyzing disorders (SCI) to triumph over obstacles they face and to inspire them to keep moving forward with their lives by pushing themselves to get better every day.

We exist to provide hope, education and support – both initially when the injury/disorder occurs, and as a lifelong support network. We specialize in galvanizing, rebuilding, and restoring lives.

With a servant's heart, we assist the community by:

- Giving resources through our Care Packs and *Tragedy to Triumph* Resource Guidebook
- Assisting those with financial hardship to get necessary equipment, supplies, and services through our Keep Moving Forward Grant
- Helping with home modifications for accessibility
- Repurposing durable medical goods by donating it to those who are in need through our Equipment & Supply Exchange
- Holding Adaptive Sports and Recreation activities
- Founding and leading Support Groups that meet all over Southern California
- Providing peer counseling, mentorship and advocacy
- Public speaking to motivate, inspire, and raise awareness

SCI affects the person who gets hurt, and impacts families, friends, loved ones, and entire community. People find themselves lost in a world they never dreamed they would be a part of. Although it is easy for someone to feel isolated after suffering such a traumatic injury, they are not alone. We have created a network of peer-mentors who have triumphed over their own SCI to get candid advice from.

The challenges are not only physical; they are also mental and emotional; and a lack of understanding often leads to feelings of fear, hopelessness, and despair. These are normal responses to the unknown. Triumph helps people persevere by answering questions and providing straight talk from others who have faced and overcome similar circumstances and struggles.

Triumph helps people make the best recovery possible and reintegrate into the community, providing a continuum of care, by offering mentorship, resources, grants, and assistance. Additionally, we hold all-inclusive events that are a captivating force within the entire community making quality of life a reality.

Our motto 'Getting Better Every Day' is universal. Everyone should aim to improve each day, to be better tomorrow than you are today, and to live life to their fullest ability.

Spinal Cord Injury is a detour in life, not a roadblock – and we are the go-to organization in California.

If you or someone you know needs our help, contact us: 661-803-3700

For more information, visit www.Triumph-Foundation.org