



THIS PROGRAM IS MADE POSSIBLE THROUGH GRANT FUNDING AND IS OFFERED AT NO COST TO PARTICIPANTS. ENROLLMENT IS LIMITED AND AVAILABLE ON A FIRST-COME, FIRST-SERVED BASIS.

MANE PATHWAYS: A JOURNEY TO WHOLENESS

12-WEEK TRAINING: A HYBRID OF MENTAL HEALTH & FINANCIAL RESOURCES.

"The Mane Pathways Program is 12 weeks, participants build emotional strength, financial wisdom, and the tools to move through life's challenges with confidence.

What to Expect:

- **Mental Health & Conflict Resolution:** Learn how to manage emotions and navigate conflict.
- **Financial Education:** Understand money, budgeting, and how to build real financial stability.
- **Small Group Sessions:** A space to learn, grow, and apply real-life strategies.

Is This for You?

- ✓ If you're ready to do the work not just talk about it.
- ✓ If you want to break cycles and build new.
- ✓ If you know you were made for more but need the tools to get there.

No one can take the steps for you—but you don't have to walk alone. The path is clear, and the resources are here. Now it's on you.

Are you ready? Tap in and contact us today. Let's get to work.

MANE UP *Memphis*TM

A Licensed Health Hub for Mental & Financial Wellbeing.

Mental Health • Financial Education • Family Strength

Serving youth (ages 11–25) and their families across West TN counties with evidence based mental health care and financial education designed for real change.

CONTACT US

Let's Connect We're here to Serve

901.290.7226 

622 Minor St. Memphis, Tennessee 38111 

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info@maneupmemphis.org 

We serve on a first-come, first-served basis.



Your willingness is what matters most.



WHO DO WE SERVE

West
Tennessee



At Mane Up Memphis™, we serve youth and young adults ages 11–25 and their families ready to do the work alongside them. **Our participants come from all walks of life, united by a common goal: growth.** Whether navigating trauma, learning to manage money, or rebuilding after setbacks, we provide a space where real progress can happen.

Our programs deliver licensed mental health care, financial education, and hands-on development strategies that support long-term transformation. Families are engaged as part of the solution healing together, building stability, and laying the foundation for a stronger future.

This isn't a service based on identity. It's built on readiness. If you're committed to showing up for yourself or your child, this is the place for you.

AFTER COMPLETING MANE PATHWAYS, CONTINUE YOUR GROWTH BY INVESTING INTO:

PROGRAMS & SERVICES

PLEASE NOTE: SLIDING SCALE RATES AND DISCOUNTS DO NOT APPLY.

MANE MINDSCAPE MENTAL HEALTH SERVICES STATE-LICENSED & INSURED

Healing starts with you. The work begins from the inside out, and Mane Mindscape is here to walk with you through it. Whether you're navigating stress, trauma, or just trying to process life, our team of licensed therapists is here to support you.

How We Help:

- **Individual Counseling:** A space to work through stress, anxiety, and trauma.
- **Family Therapy:** Strengthening relationships and improving communication.
- **Youth Support (Ages 11–25):** Helping young people process emotions and build emotional strength.
- **Parent-Centered Services:** Focused on life transitions, parenting, and self-empowerment.
- **Trauma-Informed Care:** A safe space for healing, reflection, and forward movement.

How to Access Services:

- ✓ \$175 per session, out-of-pocket
- ✓ Insurance Covering available.
- ✓ In-person and telehealth options available.
- ✓ Flexible Scheduling – After-hours and Saturday appointments for real-life accessibility.
- ✓ No Overnight Stays & No Prescriptions – We focus on therapy, healing, and real breakthroughs.

Your healing starts now. Contact us and we'll take the next step together.



Monday-Friday 8AM-5PM In-person
Monday-Friday 5PM-5AM Telehealth
Saturdays 9AM-5PM In-person
Sundays Closed

MANE STEPS TO MONEY PAID SERVICE PROGRAM

At Mane Up Memphis, we believe financial freedom starts with knowledge and action. Mane Steps to Money is a 16-week intensive program designed to give you the tools to understand your money, make informed financial decisions, and build lasting financial stability.

How to Join:

- ✓ Start with Our Free Mane Steps to Money Workshop – Attendance is required before you can enroll in the 16-week paid program.
- ✓ Commit to the Process – If you're ready to take control of your finances, this is your next step.
- ✓ Program Cost: \$215 Per Person – This is a flat fee and not a sliding scale offer.

What You'll Learn in the 12-Week Program:

1. Banking Basics – How to open and manage a bank account.
2. Debit vs. Credit – Understanding benefits, risks, and how to use both wisely.
3. Reading & Understanding Statements – Know exactly where your money is going.
4. Savings & Budgeting Strategies – Practical ways to build financial security.
5. Avoiding Financial Pitfalls – Recognizing and protecting yourself from financial traps.
6. One-on-One Coaching – Personalized guidance to help you apply what you've learned.

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