



**General Services Administration
Federal Supply Service
Authorized Federal Supply Schedule Price List**

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order is available through GSA Advantage!®, a menu-driven database system. The INTERNET address for GSA Advantage!® is <http://www.gsaadvantage.gov>

Schedule: Multiple Award Schedule (MAS)

Category: Professional Services **Class:** R703

Contract Number: 47QRAA23D000H

For more information on ordering from Federal Supply Schedules go to the GSA Schedules page at
GSA.gov

Mindful Solutions St. Augustine LLC

93D Orange ST

Saint Augustine, Florida 32084

Contract Administrator: Sharon Cunningham, President/CEO

Email: sharon.cunningham@mssafl.com

Phone: 904-535-6853

Period Covered by Contract: 10/18/2022 – 10/17/2027

Business Size: Small Business

Price list current as of Modification PS-0005 Effective 08/05/26

Mindful Solutions St. Augustine LLC



Contractor:
Mindful Solutions St. Augustine LLC

Contract Number:
47QRAA23D000H

GSA Awarded Terms and Conditions

1a. TABLE OF AWARDED SPECIAL ITEM NUMBERS (SINS)

SIN 541219 Budget and Financial Management Services
SIN 541810 Advertising Services
SIN 541820 Public Relations Services
SIN OLM Order Level Materials

1b. LOWEST PRICED MODEL NUMBER AND PRICE FOR EACH SIN

See attached Price List.

1c. HOURLY RATES (Services Only)

See attached Price List.

2. MAXIMUM ORDER

SIN 541219: \$1,000,000
SIN 541810: \$1,000,000
SIN 541820: \$1,000,000
SIN OLM: \$250,000s

3. MINIMUM ORDER

The minimum dollar value of orders to be issued is \$100.00.

4. GEOGRAPHIC COVERAGE

The Geographic Scope of Contract will be domestic delivery only. Domestic delivery is delivery within the 48 contiguous states, Alaska, Hawaii, Puerto Rico, Washington, DC, and U.S. Territories. Domestic delivery also includes a port or consolidation point, within the aforementioned areas, for orders received from overseas activities.

5. POINT OF PRODUCTION

NA – Offering Services

6. DISCOUNT FROM LIST PRICES

Net GSA pricing is listed in attached Price List. Basic discounts have been deducted.

7. QUANTITY/VOLUME DISCOUNTS

None (considered/offered at the task order level)

8. PROMPT PAYMENT TERMS

Net Thirty (30) Days. Information for Ordering Offices: Prompt payment terms cannot be negotiated out of the contractual agreement in exchange for other concessions



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9. FOREIGN ITEMS

None

10a. TIME OF DELIVERY

To be Determined by Task

10b. EXPEDITED DELIVERY

To be Determined by Task

10c. OVERNIGHT AND 2-DAY DELIVERY

Please contact contractor for overnight and 2-day delivery.

10d. URGENT REQUIREMENTS

When the Federal Supply Schedule contract delivery period does not meet the bona fide urgent delivery requirements of an ordering activity, ordering activities are encouraged, if time permits, to contact the Contractor for the purpose of obtaining accelerated delivery. The Contractor shall reply to the inquiry within 3 workdays after receipt. (Telephonic replies shall be confirmed by the Contractor in writing.) If the Contractor offers an accelerated delivery time acceptable to the ordering activity, any order(s) placed pursuant to the agreed upon accelerated delivery time frame shall be delivered within this shorter delivery time and in accordance with all other terms and conditions of the contract.

11. F.O.B. POINT

Destination

12a. ORDERING ADDRESS

93D Orange ST
Saint Augustine, Florida 32084

12b. ORDERING PROCEDURES

For supplies and services, the ordering procedures, information on Blanket Purchase Agreements (BPA's) are found in Federal Acquisition Regulation (FAR) 8.405-3.

13. PAYMENT ADDRESS

93D Orange ST
Saint Augustine, Florida 32084

14. WARRANTY PROVISION

Standard Commercial Warranty Policy

15. EXPORT PACKING CHARGES



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N/A

16. TERMS AND CONDITIONS OF RENTAL, MAINTENANCE, AND REPAIR

N/A

17. TERMS AND CONDITIONS OF INSTALLATION

N/A

18a. TERMS AND CONDITIONS OF REPAIR PARTS INDICATING DATE OF PARTS PRICE LISTS AND ANY DISCOUNTS FROM LIST PRICES

N/A

18b. TERMS AND CONDITIONS FOR ANY OTHER SERVICES

N/A

19. LIST OF SERVICE AND DISTRIBUTION POINTS

N/A

20. LIST OF PARTICIPATING DEALERS

N/A

21. PREVENTIVE MAINTENANCE

N/A

22a. SPECIAL ATTRIBUTES SUCH AS ENVIRONMENTAL ATTRIBUTES (E.G., RECYCLED CONTENT, ENERGY EFFICIENCY, AND/OR REDUCED POLLUTANTS)

N/A

22b. SECTION 508 COMPLIANCE

If applicable, Section 508 compliance information on the supplies and services in this contract are available in Electronic and Information Technology (EIT) at the following: The EIT standard can be found at: www.Section508.gov/. N/A

23. UNIQUE ENTITY ID

LL8FFNRB1EH3

24. NOTIFICATION REGARDING REGISTRATION IN SYSTEM FOR AWARD MANAGEMENT (SAM) WEBSITE

Active



Federal Government Capability Statement

CAGE: 9BFL5
UEI: LL8FFNRB1EH3

Mindful Solutions St. Augustine, LLC, is a veteran women-owned full-service marketing agency that specializes in marketing communications, branding strategies, digital and print advertising, public relations, and accounting and payroll services.

The company has achieved four Small Business Administration (SBA) certifications: Veteran-Owned Small Business (SBA and NVBDC), HUBZone Program, Women-Owned Small Business, and Economically Disadvantaged Women-Owned Small Business. It has also entered into an SBA Mentor-Protégé Agreement with LMO Advertising. This program allows the two companies to leverage LMO's 25+ years of experience in the industry to serve federal, state, and local government sectors.

Industry Codes

NAICS:

- 541219** Other Accounting Services (GSA)
- 541613** Marketing Consulting Services (OPEN MARKET)
- 541810** Advertising Agencies (GSA)
- 541820** Public Relations Agencies (OPEN MARKET)
- 541830** Media Buying Agencies (GSA)
- 541850** Indoor & Outdoor Display Advertising (OPEN MARKET)
- 512110** Motion Picture & Video Production (OPEN MARKET)

PSC:

- R422** Support- Professional: Market Research/Public Opinion
- R499** Support- Professional: Other
- R701** Support- Management: Advertising
- R703** Support- Management: Accounting
- R708** Support- Management: Public Relations
- R710** Support- Management: Financial

Company Information

Established: 2022
EIN Number: 88-2102474
State of Incorporation: FL Geographic
Area Served: Nationwide Size Standard:
Small Business

Contact Information

Sharon Cunningham, President
(904) 535-6853
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93D Orange St, Saint Augustine,
FL 32084
www.mssafl.com

Socio-Economic Certifications



GSA Multiple Award Schedule
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MENTOR PROTÉGÉ APPROVED Mindful Solutions St. Augustine Mentor Protégé Agreement with LMO Advertising



Embrace Your Vision. Accomplish Your Mission.

● Key Differentiators

- 25+Years of Full-Service Marketing Experience
- Highly Experienced in PR & Communications
- Integrated Marketing Experts
- Brand Champions
- Cost Effective, Results-Oriented Strategies
- Holistic Visioning-Based Strategy
- Videography
- High-Quality Sustainable Solutions

Core Competencies

● Creative Services

- Branding, Graphic Design, Content

Targeted Media

- Media Planning/Buying
- Media Research
- Traditional & Digital Media

● PR & Communications

- Comprehensive Strategy
- Content Creation
- Media Relations/Outreach

● Social Media

- Organic and Paid Strategies
- Major & New Platforms
- Audience Building

● Website

- Development & Design
- Website Maintenance
- SEO

● Videography/Photography

● Email Journey

Contact Information

Sharon Cunningham, President
(904) 535-6853
sharoncunningham@mssafl.com
93D Orange St, Saint Augustine, FL 32084
www.mssafl.com

Past Performance (Under Mentor-Protégé Program)



THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC



Client: Name: U.S. Coast Guard
Place of Performance: Washington D.C.
Contract Value: \$47,000,000
Scope of Work: Advertising Support Services

Client Name: The George Washington University
Place of Performance: Washington D.C.
Contract Value: \$3,784,205
Scope of Work: Media Buying Services

Client Name: National Guard Bureau
Place of Performance: U.S.
Contract Value: \$94,962,069
Scope of Work: Strength Maintenance Division,
Marketing Branch

Client Name: American Physical Therapy Association
Place of Performance: Virginia
Contract Value: \$200,000
Scope of Work: Marketing and Communications

Client Name: Air National Guard
Place of Performance: Arlington, VA
Contract Value: \$16,000,000
Scope of Work: Recruiting and Retention Services

Clients



* Use of federal department / agency logos does not imply commercial endorsement nor commitment by any government agency.