

Good evening, everyone,

Thank you so much for being here tonight.

Seeing all of you gathered in this room is incredibly moving. Truly. When I look around, I don't just see attendees – I see supporters, believers, advocates, and people who understand that mental health matters.

And I want you to know – your presence is not small.

Showing up for something like this means you believe that people deserve support, that healing deserves space, and that community can change lives.

A little over one year ago, what began as a quiet conversation grew into a powerful purpose. Harmony in Daily Happiness Foundation was created from a dream – a dream that no one would ever feel alone in their mental health journey, that no one would have to go through the pain I once experienced alone, and that joy, healing, and connection could be part of everyday life.

But if I am honest... this foundation didn't just come from a dream. It came from lived experience, it came from moments that broke me open, it came from learning how to rebuild – slowly, imperfectly, and honestly.

Tonight is not just an open house. It is a celebration of community, it is a celebration of courage, and it is a celebration of compassion in action.

Thank you to our board members, our volunteers, our donors, our families, and our friends. Your presence here tonight reminds us that this work matters — and that together, we are stronger and we can make a difference.

Harmony in Daily Happiness was created from a very real place. Like so many, I have walked through seasons of stress, loss, burnout, anxiety, and emotional exhaustion.

I learned something important during that time - mental health doesn't disappear when life looks "fine" on the outside.

There were days when I was functioning, smiling, showing up for responsibilities – but inside, I was carrying weight that felt invisible to everyone else. There were moments of deep sadness moments of fear, moment of feeling completely overwhelmed by emotions I didn't always know

how to name. There were times when I questioned my strength, when I felt disconnected from joy, and when I wondered if I would ever feel like myself again.

And I know I am not alone in that.

I learned that raw emotions are not something to run from – they are something to move through. I learned that grief can exist next to gratitude. That strength can exist next to vulnerability. That you can be doing your best and still be hurting and that does not make you weak, it makes you human.

I also learned that silence can be one of the hardest places to live. When you feel like you have to hold everything in, when you feel like you have to be strong for everyone else, when you feel like you don't want to burden anyone with how you're really feeling – that can be incredibly heavy.

I want to say this clearly tonight: you are not a burden for having emotions. You are not “too much”. You are not difficult for needing support.

What I needed most wasn't perfection, It wasn't having all the answers, It wasn't pretending I was okay — what I needed most was permission:

- Permission to pause
- Permission to ask for help
- Permission to choose myself without guilt
- And permission to feel – fully, honestly, and without shame

What I discovered was something powerful:

Healing doesn't always happen in big dramatic moments — healing happens in small daily ones. Sometimes healing looks like showing up. Sometimes it looks like breathing through a hard moment. Sometimes it looks like laughter you didn't expect. Sometimes it looks like simply not giving up. Sometimes healing is choosing to get out of bed when your mind is telling you not to. Sometimes it is answering the text message, sometimes it is simply making a phone call. Sometimes it is stepping outside and letting the sun hit your face. Sometimes it is letting yourself cry and not apologizing for it. Sometimes it is as easy as listening to music. Sometimes it is sitting in stillness and allowing yourself to exist exactly as you are. Sometimes its art. Sometimes it is just one deep breath at a time. And those moments – they matter more than we realize.

Something else I learned along the way – when we begin to heal, the children in our lives feel that healing too. They watch how we cope; they watch how we care for ourselves; they watch how we move through hard days and still choose to keep going.

When we give ourselves permission to heal, we give them permission to feel their emotions safely. When we model asking for help, they learn that strength and vulnerability can exist together. When we create moments of joy, connection, and presence, we are helping build their foundation for emotional wellness too.

Healing isn't just personal – it can be generational. It creates safer homes, stronger relationships, and children who grow up knowing it is okay to talk about how they feel, how to ask for support, and how to believe they are worthy of care and happiness too.

That along with my initials is where our name comes from. Harmony in Daily Happiness is about creating small, meaningful moments that help people feel seen, supported, and hopeful.

In our first year, we have grown beyond anything I could have ever imagined. Not because of me. Because of community. We've hosted:

- Wellness Activities that help people reconnect with themselves
- Healing experiences that create safe emotional space
- Community connections that remind people they belong
- Mental health resources that help people take their next step

And every single thing we do is built around one simple belief: Mental wellness should be accessible, it should be safe, it should be judgement free, and it should be filled with compassion.

We don't tell people to "fix" themselves. We remind them that they are already worthy of care — exactly as they are. We create spaces where people can breathe again, where laughter feels safe, where vulnerability is honored, and where hope feels possible.

I want to pause here for a moment and say something that is very important.

Mental health struggles do not discriminate. They affect parents, professionals, teenagers, caregivers, leaders, people who look like they have it all together. And sometimes the people who are struggling the most.... are the ones who are smiling the biggest. That is why safe spaces matter. That is why community matters, that is why your village matters, that is why this mission matters.

I'd like to share a few stories — and these represent many stories we have received.

We had someone attend one of our events who told us they hadn't smiled or laughed in months. They felt invisible, overwhelmed, and disconnected. They almost didn't come. But that night, they painted, laughed, they shared their story, and for the first time in a long time, they felt safe being themselves. They later wrote to us and said:

"Harmony in Daily Happiness helped me remember my worth. I walked in feeling empty and walked out full of hope. I didn't know how deeply I needed that connection, but through painting, I found healing, presence, and joy."

Another person participated in our Annual Walk. They were so grateful for the community that supported their journey, here is what they shared with us:

"For a long time, I told myself I was going to start taking better care of my wellness — but there was always a reason to wait. I was too busy, too tired, or just didn't feel ready. When I heard about the annual Step Together While We Heal Together Walk, I almost talked myself out of joining. But something told me to just sign up — and that decision changed everything.

That one step turned into another, and slowly I found myself building a routine that felt good for both my body and my mind. Months later, I'm still on this journey, and I can truly feel the difference in my energy, my mood, and my confidence.

What meant the most was the support I received through Harmony in Daily Happiness. There was no judgment — only encouragement. Every milestone, no matter how small, was celebrated.

Because of this community, I'm now able to do things with my kids that I didn't have the energy or confidence to do before.

I am so grateful I took that first step, and even more grateful that I didn't have to take it alone."

That is why we do this.

Because sometimes one moment of connection can change a life. Sometimes one safe conversation can change a path. Sometimes one community can remind someone they matter.

This foundation would not exist without the people in this room.

To our Board of Directors — thank you for believing in this mission, for giving your time, your expertise, and your hearts. To our volunteers — you are the heartbeat of everything we do, your compassion shows up in ways that change lives. To our donors and sponsors — your generosity fuels hope, you help us turn vision into action. To our community — you are the reason we show up. And to every person who has trusted us with their story — thank you. You inspire us every single day.

This is only the beginning. In the coming year, we will:

- Expand wellness activities
- Reach more individuals and families
- Build partnerships
- Create more healing spaces and experiences
- Increase access to mental health resources

But more than that – we are building a movement

A movement that says: You don't have to hide. You don't have to struggle in silence. You don't have to earn supper by being perfect.

We are not here to be temporary — we are here to make a lasting impact. We are here to build something that outlives all of us. A culture of compassion, a culture of support, a culture where asking for help is seen as strength. But we cannot do this alone. Everything we offer — every workshop, every event, every safe space — is made possible by people who choose to invest in hope. If Harmony in Daily Happiness has touched you tonight, I invite you to take that next step with us.

Your support allows us to:

- Sponsor wellness events
- Provide free mental health resources
- Reach individuals who cannot afford care
- Support families navigating mental health challenges
- Build a future where mental health support is accessible to all

There are donation options available tonight, and every contribution — no matter the size — makes a real impact.

When you give, you are not just donating to a nonprofit. You are giving someone a moment of hope. You are giving someone a reminder that they matter. You are giving someone a reason to keep going. Mental health is not a trend. It is not temporary. It is a human need.

Tonight, I want to leave you with this:

You are not broken. You are not alone. And your story is still being written.

Harmony in Daily Happiness exists to remind you that even on hard days — joy is still possible. Thank you for celebrating this milestone with us. Thank you for believing in this mission. And

thank you for helping us bring harmony into the world — one day, one heart, one moment at a time.

With gratitude and love,
Thank you.



Harmony in
Daily Happiness

FOUNDATION, INC.