

Hello Everyone!

Thank you so much for joining us tonight for the open house for Harmony in Daily Happiness. We often talk about building a village, and looking at the crowd today, and those joining us online, it is clear that this village is growing.

Mental health isn't just a clinical term; it's a human experience.

This foundation was created because we believe happiness isn't just a destination – it's something we cultivate in the small daily moments. But those moments can be difficult to find when you are struggling. This space was designed to be a safe haven where those struggles are met with tools, community, and most importantly understanding.

Mental health isn't just about surviving the dark days; it is about reclaiming the bright ones. By being here today, you are a statement that no one in our communities has to carry their heaviest burdens alone.

Thank you again for joining us here today.

Harmony in
Daily Happiness

FOUNDATION, INC.