

Good afternoon, everyone,

Thank you all for being here today. It's an incredible honor to stand before you as we celebrate this special milestone. I'm Heather D. Hastings, and I am honored to be the Founder and CEO of the Harmony in Daily Happiness Foundation, Inc.

First, I want to express my heartfelt gratitude to everyone who has made this moment possible. To my dedicated village, our generous donors, and the community partners who have rallied around this mission, your unwavering support has brought us to this exciting day. Thank you for believing in this vision and investing your time and resources into our shared purpose.

As I look at all of you today, I am filled with a mix of pride and deep appreciation. At Harmony in Daily Happiness, we aim to create a space where mental health is not just acknowledged, but openly discussed and embraced. We want to build a community where individuals and families can find the resources, education and support they need to truly thrive.

This foundation is more than just a physical space; it's the result of countless hours of hard work, passion, and collaboration. It represents the power of coming together with a shared purpose. Mental health is just as vital as physical health, and that everyone deserves access to the support that can help them lead a fulfilling life.

The inspiration for this foundation is deeply rooted in my own experiences and the struggles of those I love. It breaks my heart to witness the relentless battles against mental health challenges, where help often feels just beyond reach. I've fought as well as watched friends and family navigate a system that resembles an endless maze—full of long wait times, fragmented services, and a troubling lack of understanding. This helplessness, compounded by the stigma surrounding mental health, creates an overwhelming burden for both those in pain and for those of us who desperately want to support them. It's a painful cycle that leaves people feeling inadequate, isolated, frustrated and abandoned. This urgency fuels our mission; we cannot stand by and let others suffer in silence. Together, we can create a path toward hope and healing.

Today marks the beginning of a new chapter. This foundation will allow us to expand our reach, enhance activities, and make a greater impact in our community. It will provide a safe and welcoming environment where we can advance our mission of empowering lives to foster a compassionate community where everyone can thrive.

Looking ahead, we are excited about the opportunities this foundation will create. We are committed to building on our progress and continuing to innovate and advocate for mental health. But I will emphasize that we cannot do this alone. Your support is vital to our success. Whether you lend your time, share your resources, money, or simply spread the word about our mission, every contribution helps us move closer to a world where mental health is understood, accepted, and supported.

Together, we can make a difference. Let's embrace our minds and empower our lives one step at a time.

Thank you.