

Good Morning, I'm Tina Walker, It's a privilege to address you today as we commemorate the official launch of this remarkable foundation. I am grateful to serve as an active board member and am committed to enhancing access to resources and diminishing stigma that continues to affect many.

As a parent of a child with mental health conditions, I found it challenging to access useful resources for both my daughter and myself. The struggle was exhausting, often leading to vague or outdated information without much guidance.

Years later, after experiencing my own life-altering traumatic event, I found myself once again facing significant obstacles. Despite being told there were numerous resources available, I often hit roadblocks and disappointing results. Many of the websites or groups recommended by professionals were outdated, not local or inactive, which raised a critical question in my mind: Why are these resources so hard to find in what is such a crucial time of need?

This experience highlighted a significant gap and underscored the urgent need for accessible, reliable, current resources that truly serve the community.

Heather and I have known each other for a few years. It was only more recently through mutual friends that we discovered we have a shared experience from recent trauma that resulted in loss of a loved one that forged a strong bond between us. This experience has not only deepened our friendship but has also strengthened our resolve to advocate for mental health, stigma and support for those who are navigating similar challenges.

I have always felt a deep desire to help others. So, when Heather shared her vision and goals for creating a foundation that could truly impact lives, I was inspired.

It has been remarkable to witness her bringing this vision to life. What she has achieved has the potential to make a significant difference for those in need by providing them with the necessary options to locate vital resources.

Heather's vision revolves around helping others find harmony within themselves and in the lives of those around them.

Together, we can create a ripple effect of positive change in our community. So let me ask you "what will you do differently after today?" I hope you will help to support Harmony In Daily Happiness.

