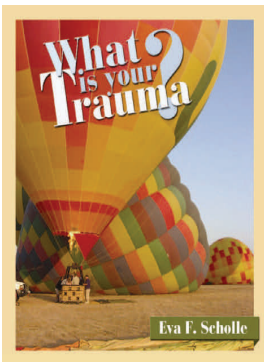


## Empowering Healing & Wellness Education

Innovative Healing, Wellness and Mental Health Materials, Trainings and Services to Balance Life's Goals

## Effective for Mental Health, Trauma and Psychiatric Recovery



WHAT IS YOUR TRAUMA?  
Serious Toy Book for Adults and Young Adults

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MOVEMENTTOCHANGE, INC.  
HEALING AND WELLNESS

OPENING MINDS WITH  
CLARITY AND RESPECT

## Information on Materials and Services



[www.MOVEMENTTOCHANGE.com](http://www.MOVEMENTTOCHANGE.com)

# OPENING MINDS WITH CLARITY AND RESPECT

## What Do We Provide?

Our desire is to share our collective wisdom to ease life's journey.

We provide and seek first-hand experiences.



*"I explored at what point I became stuck, where I am in the healing process and ways to think about resolving my situation."*

We provide a researched multi-dimensional model that incorporates and then goes beyond current theories.

## Materials

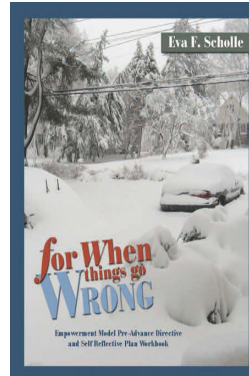
Our educational materials including courses, workshops, books, analytical tools, website, and a complete healing & wellness curriculum are designed by people who have experienced life-disruptive emotional distress.

## GAIN INSIGHT TO REMEDY EXTREME DISTRESS

### Services

We provide, train and supervise Healing and Wellness Mentors who are certified and licensed to share the principles and applications.

*"Helps a person arrive at solutions to problems without the burdensome requirements of the popular remedies."*



FOR WHEN THINGS GO WRONG  
Empowerment Model  
Pre-Advance Directive  
and Self-Reflective Plan  
Workbook

Find out how your organization can benefit from **MOVEMENT TO CHANGE Healing and Wellness curriculum.**

**ASPIRE TOWARDS HEALING & WELLNESS**

BLUEPRINT TO BUILDING  
A BALANCED AND WORTHWHILE LIFE

*"Transformative experiences which get to the heart of the problems in my life."*