

## MISSION

**TO PROMOTE WELLNESS,  
EMPOWERMENT, AND LEARN  
TO COPE WITH LIFE'S  
SITUATIONS BY EDUCATION,  
TRAINING, MENTORING AND  
LINKING PEOPLE WITH A  
VARIETY OF RESOURCES**



DEVELOP A WELLNESS LIFESTYLE

KEEP THE FOLLOWING IN MIND AS YOU DISCOVER YOUR OWN WAYS TO REDUCE SYMPTOMS AND MAINTAIN WELLES:

- REGULARLY TALK TO YOUR COUNSELOR, DOCTOR OR OTHER HEALTH CARE PROFESSIONALS
- DO EXERCISES THAT HELP YOU TO RELAX, FOCUS, AND REDUS STRESS
- AVOID DRUGS AND ALCOHOL
- ALLOW YOURSELF TO BE EXPOSED TO LIGHT
- IMPROVE YOUR DIET
- ATTEND LOCAL SUPPORT GROUPS REGULARLY
- RECORD YOUR THOUGHTS AND FEELINGS IN A JOURNAL

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One Person at a Time

TO LIVE WITH DIGNITY AND WITH A  
QUALITY OF LIFE

## A TOUCH OF KINDNESS



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# WHO ARE WE



HEART BEGAN IN 2004 AS AN EDUCATIONAL SITE FOR INFORMATION CONCERNING INFECTIOUS DISEASES. IT HAS GROWN OVER TIME. PRESENTLY, IT HAS BEEN RECOGNIZED

BY WORLDWIDE BY UNIVERISTIES, PUBLIC HEALTH ORGANIZATIONS, AND MANY GOVERNMENTS AS A DATA-MINE FOR SUCH INFORMATION.

RECENTLY, WE DISCOVERED THAT THERE ARE FEW IF ANY ORGANIZATIONS THAT DEAL WITH CHRONIC ILLNESSES LEADING TO SUICIDAL TENDENCIES.

WHILE MANY ORGANIZATIONS SAY THAT THOSE WHO HAVE A CHRONIC ILLNESS ARE DEPRESSED—THEY ALSO STATE THAT ONCE THE DEPRESSION IS OVERCOME, SUICIDAL BEHAVIOR DECREASES.

THE PROBLEM WITH THIS STATEMENT, THE UNDERLINING CAUSE OF THE DEPRESSION IS NEVER ADDRESSED. THE PURPOSE OF "A TOUCH OF KINDNESS" IS ADDRESSING THIS PROBLEM.

WHILE THE DISEASE IS BEING TREATED, WE BELIEVE BY OFFERING SUPPORT WHEN THOSE DEOMONS COME TO THE CLIENT. ASKING THE QUESTION: WHY DID THIS HAPPEN TO ME, MY WHOLE LIFE HAS CHANGED, WHOSE IS GOING TO CARE FOR \_\_\_\_\_, WHY?

MOST SUPPORT GROUPS OFFER UPLIFTING TESTIMONIALS, POSITIVE REINFORCEMENT. EVEN WITH THIS, THE

DEMONS OF THE NIGHT –STILL ARE PRESENT

WE ARE GOING TO OFFER THOSE FOLKS THE ABILITY TO COPE, CONTINUE ON WITH THEIR LIFE BECAUSE THEY STILL HAVE ONE.

THOSE FOLKS ARE LOOKING FOR SOMEONE WHO THEY CAN TALK WITH, SOMEONE WHO HAS BEEN THERE—SOMEONE WHO IS NOT GOING TO TELL THEM: YOU ARE JUST TOO DEPRESSING, IT REALLY ISN'T THAT BAD, IF ONLY YOU PRAY A BIT MORE, WHAT IS TO BE DEPRESSED ABOUT, YOU'LL GET BETTER, BUCK UP—IT'S ALL IN YOU MIND, I HAD SOMETHING LIKE THAT, I KNEW



SOMEONE THAT HAD THE SAME ILLNESS- THEY DIED, YOU'RE JUST

BLOWING IT UP, THIS IS NOT A BIG DEAL.

THEY HAVE LOST FRIENDS BECAUSE OF THE TREATMENT, THE INABILITY TO DO STUFF, OR THE STIGMA OF THE DISEASE, OR THEY ARE JUST TOO DEPRESSING TO BE AROUND.

## Programs Offered

1. **Mentoring Program** works to pair clients and mentors with similar experiences. Mentors will offer their experience and hope. They are simply there to share with clients workable solutions to their problems, while remaining compassionate, understanding and objective in a caring manner. They are willing to share their time and form a friendship to prevent suicidal behavior.
2. **Speakers' Bureau** provides volunteer speakers to community centers, inpatient wards, business organizations, schools, colleges, and health professionals. Our services are available to any group looking for a speaker
3. **Volunteer Opportunities**
4. **Emotions Anonymous Support Group Meetings**



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