

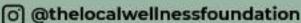
2023 - IMPACT 2025 REPORT

MISSION: Making An Impact on Mental Health

An official 501(c)(3) non-profit organization, dedicated to our mission and community work since 2020.

info@localwellnessfoundation.org
 LOCALWELLNESSFOUNDATION.ORG





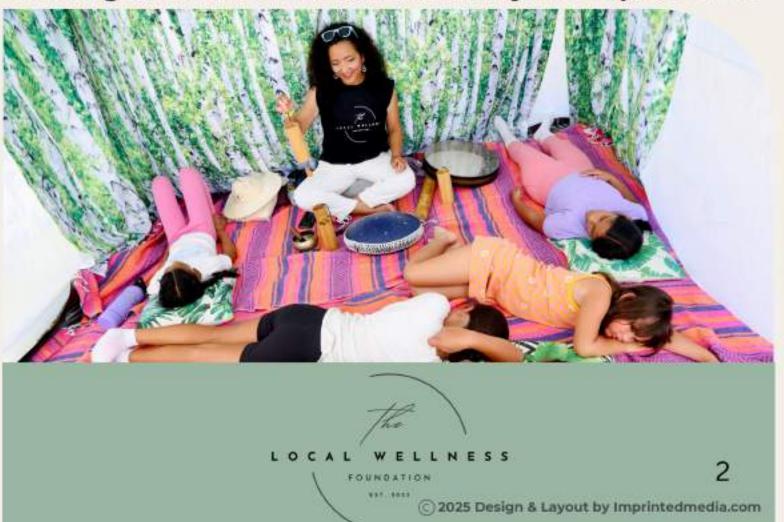




Everyone deserves a place to feel safe

Transforming Wellness Across California

In 2023, the Local Wellness Foundation continued its transformative journey to enhance mental health and wellness county wide. Through diverse programs and innovative self-care redefinitions, LWF have touched thousands of lives with classes, workshops, and social wellness events. Discover our achievements, challenges, and future goals as we enhance accessibility and impact for all.





Community-Centered People-Focused



We proudly serve diverse communities across Los Angeles County, with a strong focus on equity and inclusion.



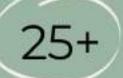
WHO WE SERVE

- Children & Youth
- Individuals with Disabilities
- Women & Men
- Seniors
- People of Color
- At-Risk Families
- LGBTQ+ Community



Programs & Initiatives

Projects	Details	Outcome
School Wellness Programs	Mindfulness & stress relief workshops	4 Whittier Union High Schools
& ☑ Workshops & Retreats	Community Based Monthly & annual events	 Whittier Walk for Wellness and The Work-IN
Awareness Campaigns	Monthly Topics educating the community	Connecting to groups: • Autism • PTSD • Suicide Prevention • Men's Mental Health • LGBTQ+ • Rehabilitation
Corporate Wellness	Hosted On- Site Wellness Days & Mental Health Sessions	• 30 + Organizations
Social Wellness Events	Community Wide Mental Health and Wellness Events	 25+ Community- Wide events Reaching over 7,500+ Participants



Mental Health & Wellness Workshops Presented and Programs Created & Executed to Local & County Agencies

- Forged 5 new community partnerships from 2024-2025, including REACH, WUHSD, LGBTQ, Regional Center, and Rio Hondo College.
- Executed Take Action LA for LA County Mental Health Department and CalMHSA in 2024 and 2025.
- Impacted nearly 20,000 individuals through holistic practices and mental health advocacy.

Key Achievements



Key Partners

















- Participants reported a 40% boost in mental health and stress management.
- Testimonials highlight enhanced community engagement and belonging.
 - Partnerships reflect significant community healing, authentic connections,





Financial Overview

2023-2025 STATS

Funding Mental Health Equity



Raised through grants and donations.



Of funds went 85% directly to programs and mental health awareness month

BUDGET STAYED BALANCED TO ENSURE SUSTAINABLE LONG-TERM **GROWTH**



Funding Summary

\$188,700.00

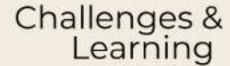
Invested in holostic mental health awaresness events and workshops

\$222,000 Grants & Donations



What We Learned

- Limited resources at local agencies challenged expansion.
- City and county support is essential to offering free programming.
- Empathy-centered, consistent outreach builds trust and healing.



OUR VISION FOR THE FUTURE

Looking Ahead

- iii Expand to a larger wellness space for community growth
- B Develop interactive digital wellness content
- Train educators and community leaders in our healing approach
- Dong-term partnerships and programs with agencies who understand that consistency is key in training our community members on how to maintain their mental health & emotional well-being

This report embodies the Local Wellness Foundation's mission and values, showcasing our commitment to mental health and wellness.





Acknowledgments

Our heartfelt gratitude to partners, donors, volunteers, staff and leaders whose dedication and support power our mission.







With Gratitude



Let's create a healthier, more inclusive environment together.

Join us in making our services accessible and impactful for all community members. Your support fuels transformation and growth.

Never Alone But In Community



Opportunities



Help Us Raise Funds to Grow Our Mental Health & Wellness Programs

Kids Yoga Sponsor: \$5,000 - \$10,000

Women's Groups Sponsor: \$5,000 - \$10,000

Yoga for Disabilities Sponsor: \$5,000

Monthly Mental Health and Wellness Workshops Sponsor: \$10,000

Whittier Walk for Wellness Sponsor: \$10,000

