



WWW.THELOCALWELLNESSFOUNDATION.ORG

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.

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

25+

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

25 +

Community-wide events

7,500+

Community Members Reached

30+

On-site Corporate Events

Key Partners



CalMHSA



the
LOCAL WELLNESS
FOUNDATION

EST. 2013

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- 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

\$222K

Raised through grants and donations.



85%

Of funds went 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 awareness 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.



Challenges & Learning

OUR VISION FOR THE FUTURE Looking Ahead

- 🏠 Expand to a larger wellness space for community growth
- 🎥 Develop interactive digital wellness content
- 🧑🏫 Train educators and community leaders in our healing approach
- 🌍 Long-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

Gratitude &
Call To Action

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

Call To Action

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

