

Words of Hope 4 Life

Corporate Summary Document

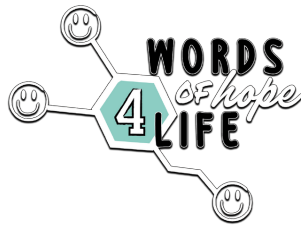


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Executive Summary

Words of Hope 4 Life (WOH4L) is a 501(c)(3) nonprofit founded in 2021 dedicated to wellness and prevention, where every component is rooted in inclusion to ensure all individuals, regardless of age, identity, or circumstance, have access to stigma-free resources. Its core initiatives include the Youth Action and Connection program for middle and high school students, educational sessions designed to strengthen understanding and resilience, the Hug Buddy kindness movement that has distributed over 70,000 free postcards nationwide, ongoing collaborations with schools and community events, and The Rail, a free community meeting and resource space. WOH4L also pioneered Event Based Community Intervention (EBCI), a prevention framework that uses joyful gatherings to strengthen resilience, reduce stigma, and connect people with lifesaving resources. This model is most visible through ViewFest, the world's largest mental health and prevention festival, which unites thousands of attendees and hundreds of partners in a positive, inclusive, and hands-on environment. From grassroots beginnings to global recognition, WOH4L continues to advance its vision of embedding mental wellness into everyday life, proving that even small acts of kindness can spark movements capable of transforming entire communities.

About Us

WOH4L is a 501(c)(3) charity whose mission is to develop and implement new and innovative ways to integrate mental wellness and prevention into communities. We focus on 4 pillars to achieve our goal: **R**esilience, **A**ttitude, **I**nterconnection to community, & **L**earning new skills

The Rail- Physical Office

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Date of Incorporation

December 2021

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Founding Story

In 2021, a practicing clinician with several thriving mental health practices recognized a gap in how communities engaged with wellness. Therapy sessions inside office walls were beneficial, but too limited to meet the wide range of needs unfolding in the community. This became even more apparent during the COVID-19 pandemic, when isolation underscored the urgent need for connection and resilience. That realization led to the creation of ViewSpire—short for “Views that Inspire”—grassroots project using apparel and neighborhood initiatives to share encouragement and positive mental health messages. It wasn’t built in pursuit of profit, but as a way to connect communities and impart hope. That spark of hope grew to become WOH4L.

At the same time, the idea of a “mascot for kindness” came to life. Nine-year-old Avery Schwartz, the son of one of the founders, used simple paper cut-outs to create what became known as the Hug Buddy. The Hug Buddy postcards quickly became the ultimate COVID-safe kindness initiative, inviting people of all ages to spread positivity during a time of deep isolation. Avery’s creativity and heart captured the attention of local media and county leaders, turning the Hug Buddy into a symbol of resilience, comfort, and connection.

To build on this momentum, ViewSpire sought to engage the community on a larger scale. In under sixty days, the team organized its first community festival and broke the world record for the longest line of postcards. Hug Buddy creations intertwined into a ribbon of solidarity and hope, proving that joyful gatherings could be powerful vehicles of connection, collaboration, and stigma-free wellness. The success of that event led to the formal incorporation of WOH4L as a 501(c)(3) nonprofit. Since then, the Hug Buddy has remained at the heart of the organization, with more than 100,000 postcards donated—always free to the public—so that anyone, anywhere, can share and receive messages of kindness.

Today, WOH4L stands as the creative force behind ViewFest—the world’s largest mental health and prevention festival—and the originator of the Event-Based Community Intervention (EBCI) model. EBCI transforms large-scale gatherings into catalysts for resilience, connection, and stigma-free support.



Inclusion

At WOH4L, inclusion is not simply a value; it is central to everything we do. We believe that every person, regardless of age, race, background, ability, identity, or circumstance, deserves access to mental wellness, community connection, and supportive resources. True inclusion means lowering barriers, whether logistical, cultural, economic, or emotional, so that no one is left out, unseen, or made to feel unworthy of care. That is why we design our programs, services, and events—from The Rail community resource space, to ViewFest, to Hug Buddy cards, to prevention and harm-reduction efforts—in ways that are welcoming, accessible, and free of stigma. Inclusion is essential not just because it is fair, but because it is powerful. When people feel included, when diverse voices are honored and engaged, the bonds of resilience strengthen, understanding deepens, trust grows, and entire communities become healthier. Through every festival, outreach effort, and therapeutic interaction, WOH4L is committed to fostering a sense of belonging, recognizing that “we” includes “you,” and ensuring that our mission of mental wellness, prevention, and harm reduction reaches and serves all.

Mental Health and Prevention

WOH4L is dedicated to advancing mental health and prevention through the use of practical tools, accessible resources, and ongoing education. We believe that prevention is most effective when it begins in the heart of the community, which is why much of our work takes place in the Lakes Area, including the cities of Walled Lake, Commerce Township, Wolverine Lake, and White Lake. As an active partner within the Walled Lake Consolidated School District, one of the largest and most diverse districts in Michigan, we collaborate with students, parents, educators, and community leaders to strengthen protective factors, reduce stigma, and build resilience. Through school-based initiatives, community events, and interactive outreach, we empower individuals and families to better understand mental wellness, adopt healthy coping strategies, and access the supports they need before crises arise. By embedding education and prevention into everyday spaces, WOH4L helps create a stronger, healthier, and more connected community.

Programs & Offerings

Bridging the Gap

Goal Setting & Personal Agency

How It Works:

- Small-group sessions guide youth and adults to reflect on their current reality, define future aspirations, and create actionable steps to achieve them.
- Implementation of strengths-based and narrative therapy techniques helps participants recognize themselves as the authors of their own stories.
- Sessions incorporate journaling, reflective exercises, and goal-setting activities based on SMART objectives (Specific, Measurable, Achievable, Relevant, Time-bound).

Evidence-Based Roots:

- Strengths-based practice emphasizes leveraging personal assets to overcome challenges
- Narrative therapy and journaling support self-reflection and empowerment
- SMART goal setting has been validated as an effective framework for turning aspirations into actionable outcomes
- Focus on resiliency and perspective-building promotes adaptive coping and long-term success

What It Accomplishes:

- Helps participants clarify their goals and create realistic plans for achieving them.
- Strengthens resiliency, self-efficacy and self-worth while gaining perspective pertaining to challenges.
- Encourages purpose, accountability, and a sense of personal agency in shaping one's future.

Bridging the Gap provides structured, supportive spaces for students to explore their strengths, assess challenges, and set actionable goals for the future. Each session should consist of 5–12 participants. A trained leader will oversee facilitation. To increase accessibility, it can be scheduled virtually or at a multitude of local locations. Sessions begin with reflective exercises or mindfulness practices to center participants, followed by guided discussions and journaling activities to translate insights into SMART objectives. Through this process, participants gain the skills, perspective, and resilience needed to navigate obstacles, strengthen personal agency, and move confidently toward their goals.

Weaving Connections

Collaboration & Shared Strength

How It Works:

- Participants gather in a circle and toss a ball of yarn or string to one another, forming a visible web that represents shared experiences and coping strategies.
- Connections are made based on similarities—such as using the same coping tool, facing a common challenge, or identifying with a shared strength.
- Breathing and mindfulness techniques are incorporated to deepen reflection and reinforce the importance of intentional, positive choices.
- At the close of Weaving Connections, a beach ball is placed atop the web of strings to symbolize the way connection and support fill gaps and create collective strength. Working together, the group thrusts the strings upward, sending the ball into the air—a powerful visual of how unity and shared resilience can elevate individuals toward higher goals and new possibilities.
- Participants receive a small memento symbolizing the strength and connections they helped create.

Evidence-Based Roots:

- Mindfulness practices reduce stress, promote focus, and increase emotional regulation
- Experiential learning fosters deeper understanding by actively engaging participants in metaphor-based activities
- Group cohesion techniques increase connectedness and reduce isolation, core elements of effective peer support models

What It Accomplishes:

- Visually demonstrates the collective strength of unity and collaboration.
- Reinforces healthy coping strategies and the cumulative effect of positive decisions.
- Fosters empathy, connection, and shared accountability among participants.

Weaving Connections is a one-session program designed for both youth and adults to explore the power of unity, shared strategies, and positive reinforcement. Through the creation of a collaborative web, participants gain a tangible reminder of how individual choices contribute to collective strength. Combined with mindfulness practices and take-home mementos, this activity reinforces perspective, resilience, and the importance of working together toward wellness.

Resiliency Circles

Peer Support & Connectedness

How It Works:

- Small-group sessions that gather for youth and adults to explore topics like stress, identity, grief, and growth.
- Implementation of narrative therapy techniques to aid participants in reframing and overcoming challenges, building strength in the process.
- Circles integrate mindfulness, journaling, and grounding exercises.

Evidence-Based Roots:

- Narrative Therapy principles help individuals separate themselves from problems and re-author empowering life stories, strengthening resilience.
- Peer Support models: Evidence indicates that structured peer-led groups reduce stigma, improve coping, and promote long-term well-being.
- Mindfulness-Based Stress Reduction (MBSR) lowers anxiety and depressive symptoms while building emotional regulation skills.
- Community Resilience increases community connectedness and provides protective factors against trauma and adversity. This promotes recovery and improves mental health outcomes.

What It Accomplishes:

- Participants learn practical strategies and coping skills, such as mindfulness, reflective journaling, and grounding exercises, to manage stress and adversity.
- The group format fosters trust, empathy, and a sense of belonging, reducing isolation and strengthening social bonds.
- By reframing challenges, participants see themselves as resilient and resourceful, rather than defined by struggles. This encourages development of a positive sense of self and increased self-worth.
- Skills developed in the circles, promotion of positive perspectives, regulatory reflection, storytelling, and emotional regulation, translate into healthier relationships, decision-making, and self-esteem. This promotes long-term wellness.

Resiliency Circles offer safe, supportive spaces for youth and adults to build strength through shared experiences and connection. Groups of 6–12 participants, led by a peer facilitator, meet virtually or in community spaces on a bi-weekly or monthly basis. Sessions begin with mindfulness exercises, followed by guided discussions on themes like stress, identity, grief, and growth. Using narrative therapy and creative expression, participants reframe challenges, set personal goals, and practice skills that foster resilience. Grounded in trauma-informed care and peer support models, Resiliency Circles reduce isolation, normalize struggles, and strengthen the sense of belonging that is critical to overall wellness.

Digital Compass

Digital Wellness & Resiliency

How It Works:

- Six-week workshop series delivered in schools, libraries, youth centers and other available locations with access to necessary equipment. Each workshop will last approximately 45 minutes to 1 hour.
- Small-group discussions, role-play scenarios, and media literacy challenges guide participants to reflect on their online choices and develop digital resiliency.
- Activities include digital identity mapping, a 24-hour “tech balance” challenge, and building a personal “Digital First Aid Kit” of coping strategies.
- Optional caregiver sessions reinforce program lessons at home by offering parents tools to model healthy digital habits and create open lines of communication.

Evidence-Based Roots:

- Social-Emotional Learning (SEL) frameworks build self-awareness, responsible decision-making, and healthy relationships.
- Media literacy education has been shown to reduce risky online behaviors by strengthening critical thinking.
- Cognitive-behavioral strategies (CBT) help youth challenge negative thought patterns related to comparison, cyberbullying, and digital overuse.
- Prevention science emphasizes proactive, skill-building interventions that reduce risk behaviors before they escalate.

What It Accomplishes:

- Builds digital resilience and equips youth with tools to manage stress, peer pressure, and harmful online content.
- Strengthens critical thinking and responsible decision-making in online environments.
- Reduces the risk of cyberbullying, inappropriate online interaction, and tech-driven anxiety through prevention strategies.
- Encourages healthy balance between online and offline life, reinforcing connectedness and perspective beyond screens.

Digital Compass provides structured, interactive sessions that guide youth toward safer, more mindful engagement with technology. Each weekly meeting begins with an icebreaker or reflective exercise to center participants, followed by an activity such as role-play, media myth-busting, or a guided journaling prompt. The program culminates with the creation of a personal “Digital First Aid Kit,” equipping participants with strategies and supports for real-world application. Designed for middle and high school students, the program runs for six weeks, with groups of 5–15 participants led by a trained facilitator. By combining prevention and wellness strategies, Digital Compass empowers youth to navigate the digital world with confidence, resilience, and perspective.

Creative Expressions Studio

Art-Based Healing & Emotional Resiliency

How It Works:

- Four to Six workshop series hosted at the RAIL, schools, community centers, libraries, or any other location where art supplies can be used.
- The first session invites participants to identify and draw their fear. This provides their source of discomfort a “face” or visual form. By doing this, participants can externalize and confront their fear.
- Subsequent sessions combine group discussions, guided art projects, journaling, and mindfulness practices to explore coping strategies, resilience, and support systems.
- In the final session, participants redraw their fear to reflect growth, strength, and new coping mechanisms, symbolizing transformation and closure.

Evidence-Based Roots:

- Art Therapy techniques encourage self-expression, emotional processing, and nonverbal communication, especially effective with youth.
- Narrative therapy principles help participants reframe fears as external challenges rather than internalized identities.
- Trauma-informed care creates a safe environment where participants build trust, self-regulation, and adaptive coping skills.
- Resiliency theory emphasizes the role of creativity and perspective-taking in overcoming adversity and fostering well-being.

What It Accomplishes:

- Provides a healthy outlet for expressing difficult emotions that may be hard to verbalize.
- Helps participants reframe fear as something they can manage, reduce, or overcome.
- Strengthens resilience and coping strategies by combining creativity with guided reflection.
- Promotes connectedness and peer support through group sharing and collaborative art-based activities.

Creative Expressions Studio offers a safe, creative space where participants can face, process, and transform their fears through art. The program begins with participants drawing their fear, externalizing it into a visual form. Each following session incorporates themed art activities—such as collage-making to symbolize supports, journaling with affirmations, or sculpting symbols of strength. This is paired with group discussions and mindfulness exercises. By the final session, participants redraw their fear to see how it has shrunk in scope and to reflect on how they will continue to overcome it. Groups of 4–12 participants meet bi-weekly or monthly and are guided by a facilitator with experience in art-based interventions. The program concludes with an optional group “gallery walk,” allowing participants to celebrate their growth, resilience, and courage in community.

Calming Bottles

Sensory Tools & Emotional Regulation

How It Works:

- Hands-on workshop can be done in a single session or can be made to accommodate a multi-session format that meets 2-3 times. Each session will last approximately 45 minutes.
- Participants create personalized calming bottles filled with water, glitter, beads, fake butterflies, encouraging words, stickers, and other decorative elements. Each bottle serves as a sensory tool to explore and manage emotions.
- Sessions include guided discussions on emotions and colors, helping participants understand how visual and tactile elements can reflect their internal state.
- Participants learn to use their bottles as mindfulness tools, observing how "emotions" (glitter, beads, butterflies, etc.) settle and can be disturbed. This symbolizes the ebb and flow of feelings and provides insight into the importance of reflective and calming practices.

Evidence-Based Roots:

- Sensory-based interventions reduce anxiety, improve focus, and provide grounding during emotional distress.
- Mindfulness practices demonstrate that observing thoughts and feelings without judgment can improve emotional regulation.
- Expressive arts therapy shows that creative, hands-on activities enhance coping skills and self-awareness.
- Symbolic representation of emotions supports perspective-taking and helps participants externalize internal experiences safely.

What It Accomplishes:

- Provides a tangible, portable tool to manage stress and regulate emotions.
- Increases self-awareness by connecting colors, movement, and symbolism to internal feelings.
- Promotes mindfulness and reflective practices that can be implemented while using and observing the calming bottle and in other pursuits.
- Encourages creativity, personal expression, and peer discussion of emotions in a safe, supportive environment.

Calming Bottles offer participants an engaging, hands-on approach to exploring and regulating emotions through sensory play and creativity. Each session begins with a brief reflection or mindfulness activity, followed by guided bottle creation and discussion of the symbolic elements included. Facilitators discuss the significance of colors, movement, and imagery, linking them to participants' emotions and coping strategies. Participants can experiment with different designs, explore personal meanings, and practice using their bottles as tools for grounding and emotional regulation. Bottles are designed to be portable so participants can use them as a calming resource in their daily lives. This program combines creative expression, mindfulness, and symbolic reflection to support emotional resilience and perspective-building.

Arms Around the Lakes Area Protection Plan

Community Harm Reduction & Medication Safety

How It Works:

- The RAIL will serve as a central hub for safe medication storage and disposal, connecting local government, businesses, organizations, first responders, and residents across the Lakes Area.
- Distribution of lock bags, boxes and caps with instructions for safe home storage to prevent diversion or misuse.
- Reusable destruction bags are provided to households for immediate, safe disposal of unused medications.
- Large-scale drop boxes will be installed and maintained at strategic community locations.
- A 24/7 Narcan distribution box outside the RAIL allows discreet, free pick-up.
- The RAIL also functions as an educational center, offering trainings, informational flyers, and public awareness campaigns on safe storage, disposal, and prevention.

Evidence-Based Roots:

- Safe home storage (lock bags, boxes, and caps) reduces diversion, accidental ingestion, and misuse, especially among youth and seniors.
- At-home disposal bags provide immediate, effective disposal, preventing stockpiling and unsafe access.
- Community drop boxes with professional transport and incineration are nationally recognized best practices for limiting circulation and accidental poisonings.
- Education and awareness campaigns strengthen community adherence, reinforcing long-term harm reduction.

What It Accomplishes:

- Reduces misuse, diversion, and accidental poisoning.
- Expands access to safe storage and disposal
- Strengthens partnerships and access to resources by creating a central hub.
- Promotes public awareness and engagement in harm reduction, fostering a culture of safety and responsibility.

The Arms Around the Lakes Area Protection Plan creates a centralized, accessible system to close critical gaps in medication safety across the Lakes Area. Combination of tangible interventions and tools with education and community engagement creates a multi-layered approach to harm reduction and prevention. Residents, families, and agencies are empowered to secure, dispose, and manage medications responsibly, while the hub builds stronger community partnerships and increases access to previously unavailable resources. The program is scalable, with the introduction of new drop boxes and ongoing educational initiatives ensuring continued accessibility, awareness, and impact across the region.

Youth Action and Connection (YAC)

The **mission** of the Youth Action and Connection program is to develop leadership skills through fostering mental health, implementing prevention strategies, and building strong community connections

The **purpose** of the Youth Action and Connection program is dedicated to equipping middle and high school students with leadership skills, opportunities, and experience to manage their emotions and build resilience. This program emphasizes the importance of mental health and prevention, which provides students with a platform to excel in the community

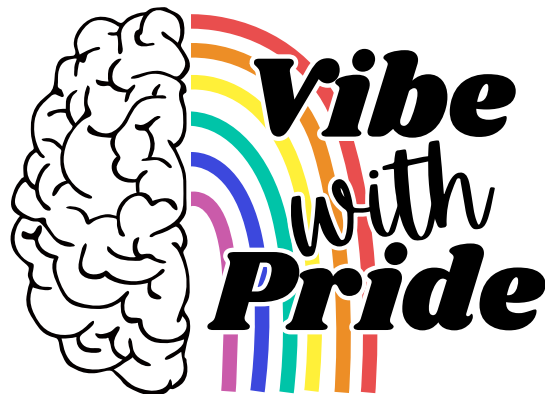
YAC is designed for middle and high school students in the Walled Lake Consolidated School District.



Vibe with Pride

Vibe with Pride reflects our ongoing commitment to fostering inclusion and belonging. Through this offering, WOH4L provides speaking engagements and educational sessions focused on topics that matter to the LGBTQIA+ community. We believe it is essential to create spaces where diverse identities are affirmed and respected, because affirmation and acceptance are directly connected to stronger mental health outcomes and effective prevention.

By opening conversations around identity, acceptance, allyship, and the unique challenges faced by LGBTQIA+ individuals, Vibe with Pride helps reduce stigma, strengthen protective factors, and build resilience. Whether presented in schools, workplaces, or community settings, these engagements encourage understanding and connection, ensuring that individuals feel seen, valued, and supported. At its core, Vibe with Pride is about weaving inclusion into the fabric of everyday life so that all people can thrive in healthier, more supportive communities.



EBCI

Event-Based Community Intervention (EBCI) is a groundbreaking public-health strategy coined by WOH4L in 2021. At its core, EBCI is about the power of *community gathering*. Instead of focusing solely on clinical treatment, it brings people together in joyful, inclusive settings where connections naturally form—between neighbors, families, and the organizations that support them. These gatherings create protective environments that strengthen resilience, reduce stigma, and open the door to life-saving resources.

By applying EBCI at the scale of a festival, it becomes more than an event: it becomes a dynamic meeting ground where thousands of individuals engage directly with community organizations, discover practical tools, and leave with both hope and connection. This innovative framework ensures that mental wellness isn't just talked about—it's lived and shared across entire communities.

ViewFest

The Ultimate Event-Based Community Intervention

ViewFest is the world's largest mental health festival—a one-day, community-powered celebration of positivity and inclusion. Founded in 2021, it brings together hundreds of partner and sponsor tables (with no traditional stage programming) where attendees explore hands-on activities, practical coping strategies, resiliency tools, and direct access to life-saving resources—all in a welcoming, festival-style atmosphere that's impactful, useful, and fun for all ages.

Anchored in the Event-Based Community Intervention (EBCI) model, ViewFest leverages large, joyful gatherings to promote mental wellness, reduce the risk of substance use, and strengthen protective factors across diverse communities.

This is a day about community—not a fundraising gala. Every dollar raised—including sponsorships—is reinvested to produce the event and keep it accessible, with no sales pressure. **This is a free community event.**

In short, ViewFest isn't just an event—it's a movement reshaping how communities engage with mental health.

Highlights & Impact

- A casual day offering immersive experiences that blend entertainment, education, and wellness in a positive, community-driven, and inclusive atmosphere.
- Inclusive by design: accessible, welcoming, and stigma-free
- Real-life skills at every table: coping strategies, resiliency tools, and connections to care
- Record-setting results: 2.8-mile Hug Buddy Postcard Project and the largest single-day Narcan training



Community Events

In addition to hosting our own initiatives, WOH4L is deeply committed to supporting and collaborating on community events led by others. We recognize that wellness and prevention are strongest when they are woven into the everyday life of a community, and one of the best ways to achieve this is by showing up, partnering, and contributing to the gatherings that already bring people together. Our team actively participates in partner festivals, school fairs, neighborhood celebrations, and civic initiatives where prevention and wellness can be highlighted in natural, approachable ways. We join hands with organizations to create interactive activities, provide educational resources, and offer practical tools that attendees can take home and use in their daily lives. These partnerships also extend to initiatives like community gardens, farmers markets, and other creative efforts that foster connection, nurture resilience, and make healthy living visible and accessible to all.

By embedding mental health and prevention into existing community traditions, WOH4L helps ensure that wellness is not confined to clinical settings or large-scale events. Instead, it becomes part of the rhythm of local life, celebrated and reinforced in the same spaces where neighbors shop, families gather, and communities grow together.

Kindness Initiatives

At WOH4L, kindness is more than a simple gesture; it is a cornerstone of prevention, connection, and community wellness. Acts of kindness create ripples that strengthen resilience, reduce stigma, and remind individuals that they are valued and not alone. Research and lived experience both show that kindness fosters belonging, encourages positive coping, and builds stronger protective factors within families, schools, and communities. By weaving kindness into the fabric of our initiatives, we not only brighten individual days but also cultivate healthier, more compassionate environments where people can thrive together. Our Kindness Initiatives embody this philosophy through creative, accessible offerings that engage people of all ages. Hug Buddy Postcards, born from a child's vision of sharing comfort, have grown into a national movement of connection and hope. Hearts of Resilience, a newer effort, uses painted wooden hearts as symbols of strength, love, resilience, and perseverance. Together, these initiatives demonstrate that even small, tangible reminders of care can have a profound impact on individuals and communities alike. Both Hug Buddy Postcards and Hearts of Resilience are highlighted in the following pages, but at their core they serve the same purpose: to show that kindness, no matter how simple or small, has the power to inspire healing, strengthen communities, and advance our mission of wellness and prevention for all.

Hug Buddy Postcards

The Hug Buddy Postcard initiative by WOH4L is a heartwarming example of how a simple act of kindness can grow into a global movement with a profound impact. What started as a gesture by 9-year-old Avery to comfort his Nana has blossomed into a symbol of love, connection, and emotional support. With over 70,000 postcards distributed as of 2025, the Hug Buddy Postcard project has touched countless lives, reminding people that no one is ever truly alone.

The project's timeline showcases its rapid growth and expanding influence:

- 2021: Avery, at just 9 years old, creates the first Hug Buddy design to comfort his Nana as she prepares to move away. Later in the year, the WOH4L team collaborates with Avery to create the first set of Hug Buddy Postcards. They are distributed to hospitals, schools, and individuals needing emotional support.
- 2021: The Hug Buddy Postcard Project earns a Guinness World Record for the longest line of postcards with over 23,000 postcards, forming a record-breaking line. This milestone marks the beginning of the project's widespread recognition.
- 2022: The initiative continues to gain momentum, with more postcards sent across the United States. The focus on mental wellness and spreading kindness remains central, and WOH4L officially adopts the acronym "HUG," which stands for Hug, Unity, and Growth. Reflecting the mission of fostering connection, promoting emotional healing, and supporting personal growth.
- 2023: The Hug Buddy initiative expands further as part of the WOH4L movement. By this time, over 50,000 postcards have been distributed to individuals in need of love and support. These postcards have also served as a bridge for people looking to make new friends or strengthen bonds with existing companions. Showing that the initiative is not only about providing comfort in times of hardship but also fostering meaningful connections.
- 2025: By now, more than 70,000 postcards have been distributed across the country, remaining free to anyone in need. The Hug Buddy cards continue to serve as a symbol of hope, love, and healing. Reaching those who might need a reminder that kindness still exists in the world.

Hug Buddy Postcards

This initiative's success lies not only in its distribution but also in its capacity to bring people together, whether they're seeking emotional support, trying to form new relationships, or strengthen existing ones. The Hug Buddy Postcard project reminds us that even small gestures can ripple out and create lasting change, reinforcing that kindness has the power to unite and heal. Through Avery's simple idea, the Hug Buddy has become a beloved symbol of love and connection, and as it continues to evolve, it serves as a testament to the enduring impact of kindness in a world that needs it more than ever.

Order **FREE** Hug Buddy Cards

- [Visit Hug Buddy Page](#)
- Scroll down to "All Products"
- Select desired amount > Click "Buy Now"
- Fill in all required fields and place your order



Hearts of Resilience

Hearts of Resilience began with the creativity and spirit of Ari, an 11-year-old boy who first connected with WOH4L through his project Resiliency Rocks. Ari found that art could be a powerful way to express strength, positivity, and perseverance, and he extended this vision by spray painting wooden hearts that symbolize resilience in its many forms. Each heart is unique, a reflection of both individuality and the shared journey toward healing and growth. These painted hearts serve as visual reminders that resilience is not about never facing hardship, but about finding ways to rise, adapt, and continue forward with hope. Displayed in homes, schools, community spaces, and events, the Hearts of Resilience offer encouragement, spark conversations, and embody the belief that even in challenging times, beauty and strength can emerge. By uplifting Ari's creativity and sharing these symbols with the community, WOH4L continues to emphasize that resilience is built through connection, kindness, and the courage to keep moving forward. The Hearts of Resilience stand alongside other initiatives, like Hug Buddy Postcards, as tangible reminders of the power of small acts to create lasting impact.

The Rail

The Rail is our dedicated community space designed to bring every aspect of WOH4L's mission into a calm and inviting setting. Unlike large-scale events, The Rail offers a quiet place where individuals, families, and organizations can gather, learn, and connect in meaningful ways. It reflects our commitment to prevention, wellness, inclusion, and community connection while providing an environment that feels safe, welcoming, and stigma-free. The Rail is open and completely free to the community, making it accessible to all. Whether it is used for small group meetings, workshops, trainings, or simply as a gathering space, it is a hub that embodies the spirit of hope and collaboration. Community members are encouraged to reserve The Rail through our website, ensuring that this resource is available whenever it is needed.

Reservation

- [Visit booking website](#)
 - Scan QR Code or locate link under The Rail tab on WOH4L Website
- Select hours needed
- Choose team member (Glen Schwartz)
- Choose date and time
- Enter information and book reservation



Key Features

- 1,436 sq. ft. with a capacity of approximately 30 people
- Mental Health and Prevention resources
- Free snacks and water
- Outdoor Narcan box for free access



THE RAIL
EST. 2021

