



As we welcome 2025, we at Heart-Journey want to express our deepest gratitude to every brave soul who has been part of our healing community this past year. Your courage, resilience, and trust in our programs continue to inspire us daily.

Throughout 2024, we've had the privilege of walking alongside remarkable women on their journeys of healing and self-discovery. Through our trauma-informed care, IEMT therapy, Creating Change Coaching, and Equine-Assisted Learning programs, we've witnessed countless moments of breakthrough, growth, and renewed hope.

To those who have yet to take their first step toward healing – know that you are not alone. Heart-Journey stands ready to support you with compassionate, evidence-based programs designed to help you reconnect with your authentic self and build stronger relationships with others.

As we enter this new year, we remain committed to providing a safe space where healing can flourish. Whether through our individual sessions, group programs, or community initiatives, our dedicated team continues to offer the tools and support needed for lasting positive change. Thank you to our community partners, supporters, and the incredible women who trust us with their healing journeys. Your stories of transformation light the way for others. Here's to a 2025 filled with healing, growth, and renewed strength. Together, we continue to build a future where every woman can reclaim her power and write her own story of healing and hope.

Wishing you peace, strength, and joy in the new year.

With gratitude and hope, The Heart-Journey Team

