

philosophy

Dear Courageous Heart,

This Healing and Wellness Kit is a small token of the abundant hope all of us at Joyful Heart feel for you.


You are a survivor—and so much more. A lot is made of surviving, as if that is the ultimate goal. It is our sincere wish and firm belief that your journey will take you far beyond being a survivor—to a life of hope, possibility and joy. And we hope this kit will help remind you that you are not alone on your journey.

From the bottom of all our hearts, we wish you strength, comfort and healing.

God bless you.

Sincerely,


Mariska

**JOYFUL
HEART** 
FOUNDATION

The mission of the Joyful Heart Foundation is to heal, educate and empower survivors of sexual assault, domestic violence and child abuse, and to shed light into the darkness that surrounds these issues.