

# WELCOME

Heart of Humanity Foundation offers a range of seminars and programs to the general public and health care professionals.

We believe that health is a response to your lifestyle. Your genetics, emotions, life events, accidents and traumas all have the ability to create an imbalance in your health. Achieving health goals is a process and a journey.

As trained health practitioners, our intention is to identify the healing strength of your body, and recommend steps to improve the quality of your life.

We provide hope and healing through support, education, advocacy and treatment.

Providing culturally congruent care can increase a sense of well-being, reduce suffering and decrease morbidity among indigenous people, thus decreasing disparities in health care.

## ADVOCACY • EDUCATION • REFERRALS

*Serving the culturally diverse men, women, children and seniors of our community.*

(415) 898-0296

[www.heartofhumanity.com](http://www.heartofhumanity.com)



## OUR HISTORY

Heart of Humanity Foundation has a 20 year history of supporting and helping clients find alternative medicine and spiritual holistic healing.

The Founder, Verlinda Montoya, RN, MS, MHSA, a Native American from the Picuris Tribe, established the first home care agency offering integrative medicine in Marin County, California in 1997. As an advocate, educator and leader, Verlinda served six years as Commissioner for the Marin Women's Commission. She was the recipient of the prestigious Martin Luther King award for her community service work. Over 2000 individuals have received non-traditional healing because of her efforts. She produced and hosted over 20 TV shows titled *In the Spirit of Healing*.

The Foundation is recognized for its collaboration with other organizations on cultural health and well-being both domestically and internationally.

## DONATIONS

*Your tax deductible donations benefit the Foundation, a non-profit organization dedicated to improving the quality of life for our culturally diverse communities.*

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# HEART OF HUMANITY FOUNDATION



*The Foundation educates, supports and empowers the people of our community to become an active participant in their own well-being. We offer classes, workshops, events and referrals that aid in building skills to sustain a health body, mind and spirit.*

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## OUR PURPOSE

Heart of Humanity Foundation, Inc. is a non-profit educational organization. Our purpose is to ensure individuals have access to cultural and spiritually appropriate alternative health care services. We provide education, advocacy, charitable assistance for the benefit of the underserved people of our community.

We believe that culture, spiritual practices, and tradition influence every aspect of people's lives. These influences guide the way in which people view life, health and even death.

We respect diversity! Our commitment is to ensure that health care incorporates the cultural and spiritual needs of each individual into a complementary care system called C.A.R.E.

We view our communities as a "World Village" with differing philosophies, spirituality, art and cultural norms. Our commitment is to match our services to the health care needs of our communities in a way that reflects this diversity and the needs of individuals.

We believe in the developing the skills of health care professionals so they incorporate complementary care medicine with the western medical model.

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## PROGRAMS

- Identify and screen individuals seeking alternative/holistic therapy services.
- Refer clients to pre-screened organizations and practitioners who support the client's specific healing modality.
- Provide charitable assistance to disadvantaged individuals seeking alternative/holistic therapy services.
- Recruit organizations and practitioners to provide free or low cost therapies.
- Maintain a comprehensive database of organizations and practitioners offering alternative/holistic therapies from diverse traditions including Native American, South American, etc.
- Consult on how culture and belief systems can support healing.



## EDUCATION

- Offer educational seminars to health care practitioners, caregivers, educational institutions, and the public on alternative/holistic therapies and integrating cultural belief systems into healing modalities.
- Provide material and information on best practices on implementation of alternative/holistic healing modalities to enhance overall health.
- Collaborate with ethnic groups to identify, promote and integrate cultural and spiritual practices that enhance overall health.
- Collaborate with health care and public organizations to incorporate alternative/holistic healing modalities into health care systems.

## SERVICES

<b>Our Referral Program includes practitioners who specialize in:</b>	
<b>ALTERNATIVE MEDICAL SYSTEMS</b>	
<b>Homeopathic</b>	<b>Ayurvedic</b>
<b>Acupuncture</b>	<b>Meditation</b>
<b>MIND-BODY METHODS</b>	
<b>Energy Therapies</b>	<b>Reiki</b>
<b>BIOLOGICAL METHODS</b>	
<b>Herbs</b>	<b>Nutrition</b>
<b>Supplements</b>	<b>Chinese herbs</b>
<b>BODY BASED METHODS</b>	
<b>Massage</b>	<b>Feldenkris</b>
<b>Somatic</b>	<b>Myofascia</b>
<b>BIOELECTRICMAGNETIC METHODS</b>	
<b>Biofeedback</b>	<b>Neurofeedback</b>
<b>INDIGENOUS HEALERS FROM ALL OVER THE WORLD</b>	
<b>...AND MUCH MORE</b>	



Community

Advocacy

Resource

Ethno-specific



**Empowering, educating and supporting spiritually focused holistic health care. Call now for more information.**