



Compassionate Transformation Community

OUR CASE FOR SUPPORT



Compassionate Transformation

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PASADENA, CA 91107

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LOVECT.NET

CTC Tax EIN: 92-2776734

Why Compassionate Transformation Community?

At Compassionate Transformation Community (CTC), we believe that healthy, empowered children need healthy, empowered adults. Our mission is to provide holistic services that support both youth and adults on their journey toward emotional well-being, resilience, and self-awareness. By integrating diverse healing modalities—like mindfulness, body movement, meditation, and Traditional Chinese Medicine—into everyday life, we foster personal growth and build strong, compassionate communities. Together, we're transforming lives and creating a brighter future for all generations.



"A community where we learn to show compassion for past traumas, practice acceptance of the present, and move forward in transformation."

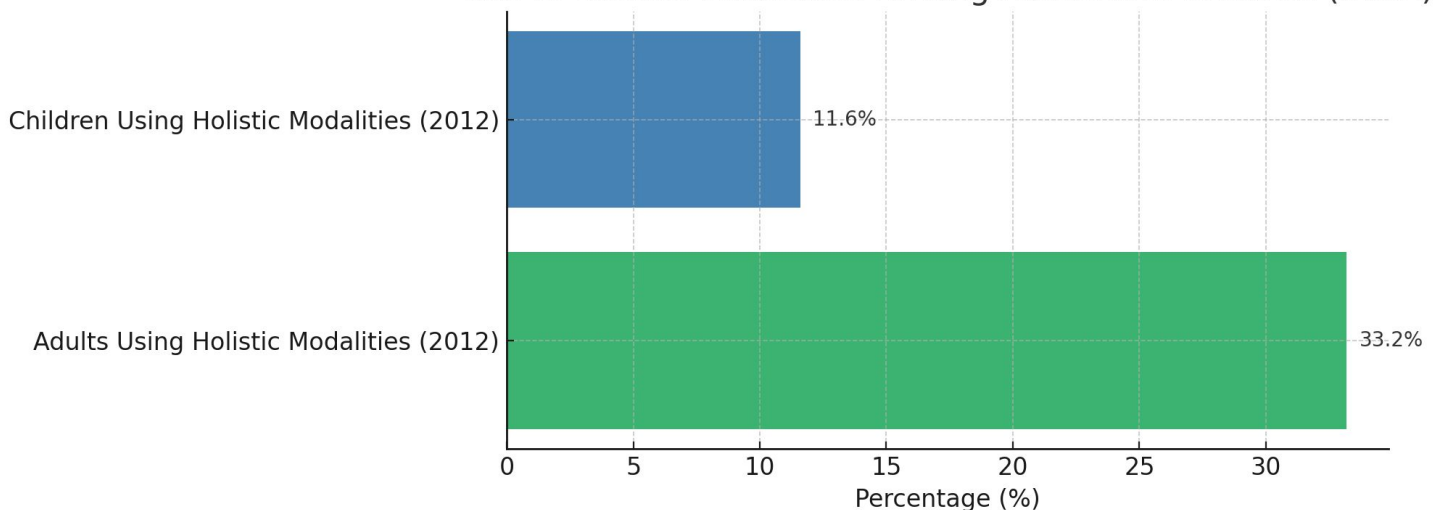


Since our inception, CTC has been committed to supporting the mental health of underserved communities in Los Angeles County and surrounding areas. Our holistic approach addresses not only mental health challenges but also fosters community resilience and personal growth. Through our carefully curated programs, we have positively impacted the lives of many individuals, helping them find purpose and stability.

The Need for our organization.

Youth mental health is in crisis. The prefrontal cortex—responsible for decision-making, impulse control, and emotional regulation—doesn't fully mature until around age 25. Research shows that through mirror neurons, children naturally absorb stress, anxiety, or calmness from their environment. This highlights the urgent need for proactive mental health support. Traditional approaches often fall short in addressing these challenges, underscoring the importance of holistic, integrative solutions that foster emotional regulation, resilience, and community well-being.

Use of Holistic Modalities Among Adults and Children (2012)



At Compassionate Transformation Community (CTC), we recognize the urgent need to expand holistic healing practices among children, as only **11.6%** currently access these transformative approaches compared to **33.2%** of adults. This gap highlights the importance of introducing integrative modalities—such as mindfulness, energy healing, and meditation—early in life to foster resilience and emotional well-being. CTC primarily serves Los Angeles County and its surrounding areas, focusing on underserved communities that often lack access to adequate mental health resources. By increasing the availability of holistic modalities for children, we aim to create healthier, more empowered communities where both adults and youth benefit equally.

Our Unique Approach

CTC's approach is built on the belief that healing must address the mind, body, and spirit. Our programs are designed to provide comprehensive support, integrating physical activity, creative expression, and community building to foster holistic well-being.

Program Highlights:

BRIGHT Wellness Club: Fosters emotional and physical well-being through yoga, mindfulness, creative expression, and outdoor activities, empowering children to build resilience, compassion, and healthy habits.

Flourishing Fields: Reduces stress, anxiety, and depression by connecting youth with nature and teaching sustainable practices through gardening, ecology, and sustainable living.

Autism Basketball Club: Provides neurodivergent youth with a supportive, pressure-free environment for developing confidence and social skills.

Community Healing Clinic: Offers free, integrative healing services for individuals affected by the LA fires, using acupuncture, acupressure, Traditional Chinese Medicine, and energy healing to reduce stress, process grief, and promote self-healing.



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The Findings

Impactful Statistics on Integrative Healing Modalities for Mental Health:

Acupuncture

Statistic: Acupuncture can significantly reduce the severity of depression by up to 43% compared to conventional treatments alone (Zhang et al., 2010).

Yoga

Statistic: Yoga can decrease cortisol levels by 27% and significantly improve symptoms of anxiety and depression (West et al., 2004).

Meditation

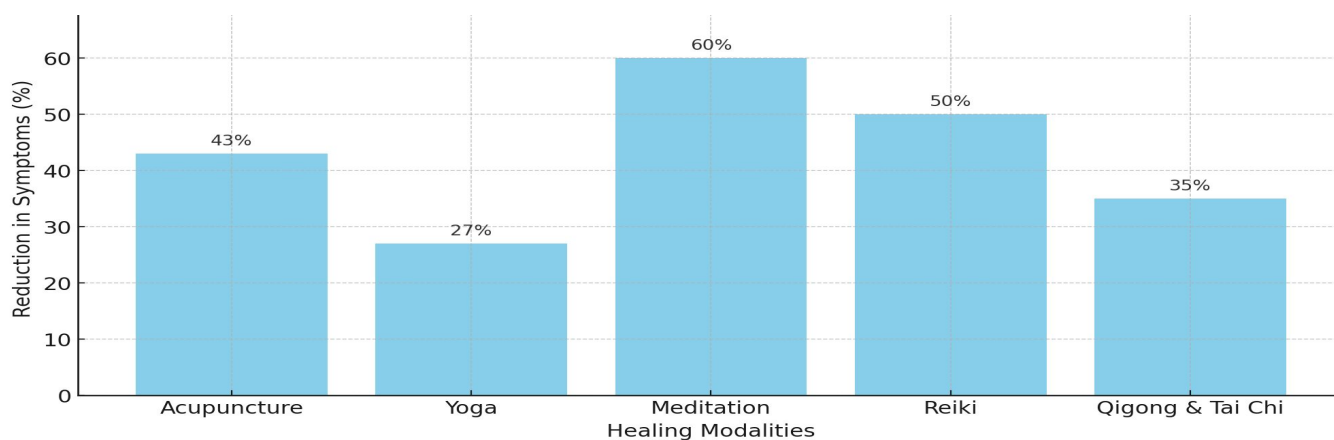
Statistic: Mindfulness meditation programs can reduce symptoms of anxiety by 60% and depression by 50% over eight weeks (Goyal et al., 2014).

Reiki

Statistic: Reiki treatments lead to a 30% reduction in anxiety and 50% reduction in depression after eight weeks (Bowden et al., 2011).

Qigong and Tai Chi

Statistic: Regular practice leads to a reduction in stress, anxiety, and depression by up to 35% (Jahnke et al., 2010).



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Our Impact



Our Impact in Numbers

Since our inception, Compassionate Transformation Community has successfully hosted over 40 events focused on integrative healing practices. These events range from workshops in mindfulness and community healing sessions, each designed to foster resilience and wellness in participants.

Community Engagement:

Events Hosted: 40+

Individuals Helped: 400+

Participant Feedback:

Participants report significant improvements in their mental and emotional well-being, with many expressing newfound skills in managing stress and anxiety.



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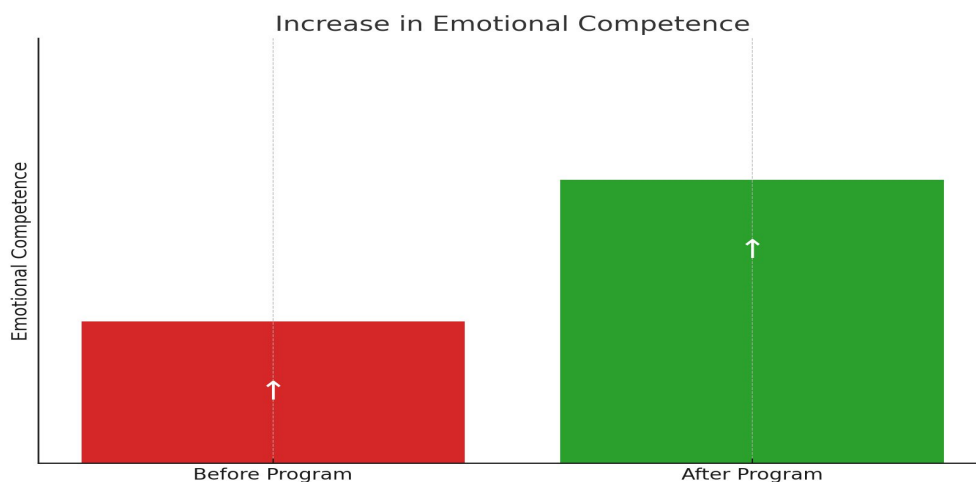
Our Success



"Today, we watched *Elementals* and Crystal had all sorts of feelings as the movie progressed. She was able to identify and process emotions which I believe was all because of your event. I am feeling so proud and at the same time relieved because I know she will be able to grow up strong and someone who can process emotions."

Metrics of Success:

We measure our success through post-event surveys and pre- and post-program evaluations. These assessments help us track changes in behavior, emotional well-being, and the overall sense of purpose among our participants. Feedback shows significant improvements in positive behaviors and reductions in behavioral issues.



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Future Goals and Vision

CTC aims to expand its reach beyond Los Angeles County, offering our transformative programs to underserved youth across the United States. Our vision is to create a national network of support that fosters resilience and well-being in young people from all backgrounds.



Program Expansion

Offer our developed programs throughout the Los Angeles area, helping people access integrative healing practices.

Enhance Resources:

Invest in resources to enhance the effectiveness of our programs and provide the latest in healing practices.

Increase Capacity:

Increase the capacity of our existing programs to accommodate more people ensuring a greater number of young individuals benefit from our services.



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How Your Support Will Make a Difference

Your donations will help CTC with:

Staffing: Hire skilled professionals who are dedicated to youth mental health and holistic healing.

Supplies and Materials: Provide necessary resources such as gardening tools, art supplies, and equipment.

Integrative Healing: Expand our toolkit to include advanced healing aids like acupressure mats and sound healing instruments.

Program Expansion and Outreach: Develop new initiatives and improve accessibility to our services across the country.

Impact of Support:

Every dollar you contribute will have a direct impact on the lives of youth, helping them overcome challenges and find purpose.

<https://lovect.net/donate>

What We Love Most About CTC

Our Unique Culture:

At Compassionate Transformation Community, we take great pride in the welcoming and supportive atmosphere we have cultivated. Our board and team are a diverse group, representing a rich variety of ethnic backgrounds, educational experiences, and professional expertise. This diversity includes business owners, professors, integrative healing practitioners, and experienced child mentors and educators.



What makes CTC truly special is our commitment to creating an environment where everyone is accepted as they are. We value open-mindedness, inclusivity, and non-judgment, fostering a community where all voices are heard and respected. This culture of compassion and acceptance is the foundation of our work and is what empowers us to effectively support and uplift the youth we serve.



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Meet our Team!

Meet the dedicated leaders guiding Compassionate Transformation Community towards a vision of holistic health and wellness for all. Each board member brings unique expertise and a shared commitment to transforming youth mental health through integrative healing practices.



Winnie Wang
Founder



Jay Dubois
Chair



Altimese Nicole
Communications
Director



Howie Leang
Treasurer



Amanda Rudd
Executive
Director

<https://lovect.net/about>

Help Us Today!

Your support empowers us to expand our reach and deepen our impact. Join us in transforming the lives of youth through integrative healing practices.

Support Compassionate Transformation Community

How You Can Help:

1. Make a Donation:

One-Time Donation: Support our mission with a single contribution by visiting lovect.net/donate.

Recurring Donation: Provide ongoing support to our programs by setting up a monthly donation at lovect.net/donate.

2. Major Contributions:

Financial Support: For donations of \$10,000 or more, please contact us directly at hello@lovect.net to discuss how your contribution can have the greatest impact.

3. Donate Your Services:

Service Donations: If you have services that align with our mission and can benefit our community, please reach out to us at hello@lovect.net.

4. Partnership Opportunities:

Become a Partner: Join us as a strategic partner to enhance our capabilities and extend our reach. Contact us at hello@lovect.net for more details.

5. Program Sponsorship:

Sponsor a Program: Explore our various programs at lovect.net/programs and consider sponsoring one to directly support specific activities and outcomes. For sponsorship inquiries, please email us at hello@lovect.net.



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THANK YOU!



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