

SOULFUL FOREST INC.

Your Investment. A Device-Free Sanctuary. A National Movement.

VISION

A world where every child and caregiver has access to a living sanctuary.
A place to breathe, heal, and reconnect with themselves and each other.

MISSION

A national movement transforming existing spaces in schools and healthcare facilities into device-free living sanctuaries for healing, resilience, and human connection, rooted in nature, music, mindfulness, and community.

PILOT SPONSORSHIP OPPORTUNITIES



PILOT LAUNCH, SUMMER 2026 • Doolittle School, Cheshire CT
10,000 sq ft Courtyard



AN EMERGING NONPROFIT • FISCALLY SPONSORED BY

Soulful Sydney

Founded by our own Terry Murphy, Soulful Sydney is our fiscal sponsor, a Connecticut 501(c)(3) (The Healing Chickadee), while Soulful Forest completes its own, so every gift is tax-deductible today.

healingchickadee.com



"What if the antidote to the children's mental health crisis was right outside their window?"

7-9 hrs

per day children spend on screens

1 in 5

children have a mental health condition

44%

of educators report chronic burnout

46%

of healthcare workers report burnout

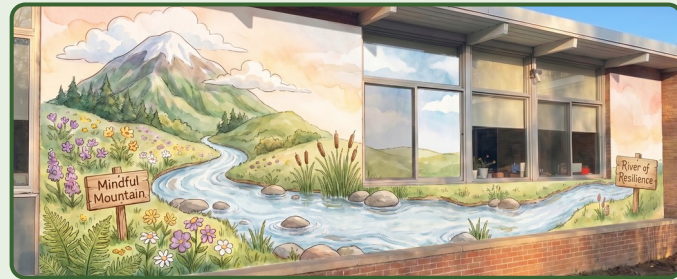
One Solution. The Soulful Forest.

Soulful Forest transforms existing school courtyards, hospital gardens, and healthcare spaces into living sanctuaries rooted in nature, music, mindfulness, community, and evidence-informed social-emotional learning.

For children in schools and pediatric facilities, the experience is intentionally device-free, a place to reconnect with themselves, each other, and the natural world.

Guided by beloved forest characters and supported by original stories, guidebooks, and music, children discover lessons in kindness, resilience, gratitude, and emotional well-being.

For caregivers, support continues through The Caregiver's Sanctuary, an online wellness platform designed to help educators, healthcare workers, and parents restore their own well-being.





THE PILOT · DOOLITTLE SCHOOL, CHESHIRE CT

TOTAL PILOT INVESTMENT

\$200,000

Installation \$48,500 + Soundtrack \$110,000 + Program & Admin \$41,500


Unity in a Divided Nation


With a nation so divided, the Soulful Forest is committed to bringing communities together to create shared places of healing and connection to themselves and to each other. The pilot at Doolittle School is proof that when a community gathers around its youngest members, extraordinary things grow.


The Community Coming Together to Build It


This is not a project being done TO a community. It is being built BY one.





 **The Soulful Grandma Brigade**
Terry Murphy's team of big-hearted volunteers. Whirling dervish energy and well-earned rest.

 **Cheshire High School Students**
Teenagers fulfilling community service hours, investing in the youngest children in their town.

 **Tower Farm Nursery**
Donating native CT plantings, grown and planted by the Doolittle students themselves.

 **SignCraft, Naugatuck**
Permanent weatherproof resin signs for every zone, designed to last for generations.

 **Tian Datta, Kolkata, India**
Graphic art and video inspiration. Truly global community involvement.

 **Local Civic Organizations**
Providing grant funding, volunteer hours, and community resources to bring this to life.

Guided by Counselors & Teachers

The Soulful Forest team works closely with school counselors and teachers to shape every message and lesson, ensuring the greatest well-being impact for the children they serve.



THE TRUST THE WIND TRAIL • TEN ZONES



- 1 Gratitude Garden**
All good things start in gratitude.
- 2 Camp Kindness**
Civility in word, deed, and online.
- 3 Camp Chaos**
Holy Moly's home. Recognize & steer away from chaos.
- 4 Field of Feelings**
Emotional color spectrum. Find the flower called Forgiveness.
- 5 You Do U...niversity**
Fostering authenticity and all that is divine in you.



- 6 Reflecting Pond**
The koi pond, honored as the sanctuary it already is.
- 7 Tranquil Tree**
Listen to the oldest tree. Physical contact reduces cortisol.
- 8 Mindful Mountain & River of Resilience**
Climb the berm, see the whole park. The River flows, always forward.
- 9 Grief Glen**
Hold loss with tenderness, not alone, and not in a hurry.
- 10 Well-Nest Center**
Wellness as a daily practice, as natural as breathing.

THE REFLECTING POND • DOOLITTLE SCHOOL, CHESHIRE CT



BEFORE



THE VISION



*The bones are already here. The koi pond. The benches. The brick walls on every side. **We are not building something new, we are waking up what was always there.***



THE CAREGIVER'S SANCTUARY • BECAUSE THOSE WHO GIVE DESERVE CARE TOO



The Caregiver's Sanctuary

Where Music and Movement Help You Find Your Center  Again

One of the First of Its Kind

A wellness program dedicated entirely to caregivers, the teachers, nurses, parents, and healthcare workers who spend their days pouring into others.

Created By

Christina Connors

Burnout Prevention Specialist • Creator of the S.O.N.G. Method™

Music By

David Friedman

Disney • Broadway • Diana Ross • Barry Manilow

Endorsed By

Angela C. Santomero

Emmy Award-winning creator of Blue's Clues & Daniel Tiger, personally chosen by Fred Rogers to carry forward his legacy of kindness and compassion.

- Original music by Disney/Broadway composer David Friedman, a self-paced musical journey through healing and resilience

- Morning Fill-Ups and end-of-day Wind-Downs: breath, movement, and mindfulness woven into daily practice

- A private peer community where caregivers stop white-knuckling it alone and start sharing real wins

- Monthly live Zoom sessions with Christina Connors, David Friedman, and wellness experts

- Provided FREE to educators and healthcare staff at every Soulful Forest partner site

*"The Soulful Forest takes care of the children.
The Caregiver's Sanctuary takes care of the adults who love them."*



An Original Soundtrack. A Permanent National Asset.

At the heart of every Soulful Forest is original music, not background music, not licensed filler. Music written specifically to guide children and caregivers through healing, performed by the characters who call it home. This soundtrack becomes a permanent, replicable asset carried into every future installation nationally.

13 original songs, one for each zone of the Trust the Wind Trail. Sponsor the whole soundtrack, or a single song.

THE FULL SOUNDTRACK

\$110,000

Each song is made possible by its sponsor, recognized on the recording and in the Program Guide.

ONE SONG · 13 AVAILABLE

\$8,500



COMPOSED & PRODUCED BY

David Friedman

You likely already know David Friedman's music, even if not his name. He was conductor and vocal arranger of Disney's **Beauty and the Beast**, **Aladdin**, **Pocahontas**, and **Hunchback of Notre Dame**, with recordings by **Diana Ross**, **Barry Manilow & Nancy LaMott**. A Broadway **Drama Desk Award** winner, co-author of **We Can Be Kind**, and composer of every song in this program. He appears live each month in The Caregiver's Sanctuary.

🎵 [Listen to the Theme Song](#)

Written by David Friedman · youtu.be/JDcweJ-4NAc



Music Reduces Cortisol

Calming music measurably lowers cortisol in children and adults, regulated nervous systems learn better, connect better, and heal faster.



Music & Brain Development

Early music exposure strengthens neural pathways for language, memory, and emotional regulation, SEL outcomes built into every song.



Nature + Music = Compounded Healing

Nature reduces anxiety and improves mood. When paired with music, the effect compounds. Soulful Forest harnesses both simultaneously.



Music Builds Caregiver Resilience

Music interventions in healthcare settings reduce nurse burnout, improve patient satisfaction, and restore meaning to caregiving work.



HOW TO SPONSOR • WAYS TO GIVE • TOTAL PILOT BUDGET: \$200,000

Every dollar goes directly to bringing Soulful Forest to life in schools, hospitals, and healthcare facilities across the country.

Soundtrack Sponsor

\$110,000

- ✓ Recognized as 'Soundtrack made possible by [Sponsor Name]'
- ✓ Named on a thank-you sign in every installation, forever
- ✓ Premier recognition at the September 2026 ribbon-cutting
- ✓ Logo in Program Guides & digital materials; QR code in guidebooks & online
- ✓ Recognition in local press outreach

Founding Forest Partner

\$25,000+

- ✓ Named sponsor of the full Trust the Wind Trail
- ✓ Logo in Program Guides & digital materials
- ✓ Premier recognition at the September 2026 ribbon-cutting
- ✓ Named on a thank-you sign in every installation
- ✓ Recognition in local press outreach

Zone Sponsor

\$5,000–\$15,000

- ✓ Sponsor a named zone on the Trust the Wind Trail
- ✓ Named on a thank-you sign in every installation
- ✓ Logo in Program Guides & digital materials
- ✓ Recognition in local press outreach
- ✓ Recognition at the September 2026 ribbon-cutting

Tweet Heart Sponsor

\$1,500

- ✓ Sponsor a wisdom-keeper Tweet Heart bird
- ✓ Signed print of your Tweet Heart, yours to keep
- ✓ Name or dedication on the bird's sign
- ✓ Recognition in program materials
- ✓ Live on in the hearts of children forever

FRIENDS OF THE FOREST • Community Giving

Canopy Friend

\$500

- ✓ Name on the Soulful Forest donor wall
- ✓ Invitation to the Sept 2026 ribbon-cutting

Meadow Friend

\$250

- ✓ Name on the Soulful Forest donor wall
- ✓ A heartfelt thank-you from the children

Seedling Friend

\$100

- ✓ Name on the Soulful Forest donor wall
- ✓ Our deepest gratitude

Petal Friend

\$50

- ✓ Name on the Soulful Forest donor wall
- ✓ Our deepest gratitude
- ✓ You helped plant something beautiful

[SPONSOR OR DONATE NOW](#) →

zeffy.com/en-US/donation-form/soulful-forest • Questions? thesoulfulforest@gmail.com • [954-270-9389](tel:954-270-9389)



THE TEAM • LEADERSHIP & CREATIVE CORE

Behind Soulful Forest is an **extraordinary team** of educators, clinicians, artists, and community builders, united by one belief: *every child deserves a sanctuary, and every caregiver deserves to be restored.*



Christina Connors

Co-Founder & Caregiver's Sanctuary Creator

christinaconnors.com

Burnout prevention specialist, keynote singer, MBSR-certified mindfulness practitioner, and creator of The S.O.N.G. Method™. Co-author of We Can Be Kind. Voice of The Healing Chickadee grief nonprofit. 22+ years supporting caregivers.



Terry Murphy

Co-Founder & Director of Operations

healingchickadee.com

Creator of Soulful Sydney, our pilot's fiscal sponsor, and the Soulful Grandma Brigade. Architect of the community infrastructure making Doolittle possible. Brings the vision, the volunteers, and the unstoppable heart.



David Friedman

Composer & Creative Partner

en.wikipedia.org/wiki/David_Friedman

Conductor of Disney's Beauty and the Beast, Aladdin, Pocahontas & Hunchback. Broadway Drama Desk Award winner. Songs recorded by Diana Ross & Barry Manilow. Composer of every song in this program.



Matt Conway

Collaboration Partner • The RiseUP Group

theriseupgroup.org

Founder & Executive Director of The RiseUP Group, CT's leading public art nonprofit with 300+ murals across 50+ towns. Creator of the Able Table. For our pilot, RiseUP brings the nature murals and the inclusive Able Table.

ENDORSED BY Angela C. Santomero, Emmy Award-winning creator of Blue's Clues & Daniel Tiger, personally chosen by Fred Rogers to carry forward his legacy of kindness and compassion.



THE TEAM · ADVISORS & BOARD

Clinical, strategic, and healthcare leadership guiding Soulful Forest from a single pilot to a *national movement, grounded in evidence and care.*



Chad LaBonte

Board Member · Strategic Business Advisor

[LinkedIn Bio](#)

Connecticut-based entrepreneur and philanthropist, Managing Partner of Devcon Enterprises and co-founder of Physseek. Brings over 30 years of business clarity and strategic vision to grow the Soulful Forest from pilot to national movement.



Tara Beall-Gomes

Board Member · Clinical Advisor, LPC, LMHC, CCPS

mainstreetcounselor.com

Psychotherapist and certified school counselor. All Soulful Forest messages, sign content, and program materials are clinically reviewed and approved by Tara, ensuring everything children encounter is developmentally appropriate.



Elizabeth Liebow

Board Member · Healthcare Strategy

[LinkedIn Bio](#)

Strategy executive with 25+ years driving growth in competitive healthcare markets. Chief Strategy & Integration Officer at Dana-Farber Cancer Institute, with prior leadership at Mass General Brigham and Boston Medical Center.



Lee Sowles

Founder, Kind Mind Education

kindmindeducation.com

Founder of Kind Mind, an evidence-based social-emotional learning program for children and educators. Two decades across early childhood development, trauma-informed care, and public health. Integrates compassion science with resilience.