THE SOULFUL FOREST INC.

EIN 42-4345459

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, and community.

NOW EXPANDING TO MORE SCHOOLS AND INTO HEALTHCARE FACILITIES

PILOT LAUNCHED · Doolittle School, Connecticut
10,000 sq ft Courtyard

A CONNECTICUT NONPROFIT · 501(c)(3) TAX-EXEMPT · EIN 42-4345459

Thank You For Your Support!

Incorporated as a nonprofit; IRS-approved 501(c)(3) — donations are tax-deductible.

GIVE NOW →

"What if the antidote to the children's mental health crisis and caregiver burnout was right outside our 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

Three Pillars, One Living Sanctuary

The Soulful Forest Inc. brings the healing power of nature, social-emotional learning, music, and caregiver wellness together to create supportive, inclusive environments where people can feel safe, connected, and supported. Designed for schools, healthcare facilities, and community spaces, each installation is tailored to its community, including neurodivergent needs, transforming indoor and outdoor spaces into living sanctuaries that nurture the whole person.

1 Physical Installation

A place to breathe, explore, and reconnect.

The Soulful Forest transforms existing indoor and outdoor spaces into beautiful, nature-inspired environments, intentionally device-free and adaptable to each community, including inclusive design. Ten themed zones invite exploration, reflection, and discovery, from school classrooms and courtyards to hospital waiting rooms, pediatric units, and healing spaces.

2 Social-Emotional Learning & Wellness Programming

Making emotional well-being engaging, relatable, and memorable.

Through lovable forest characters, stories, original music, and guided experiences, children learn kindness, resilience, gratitude, courage, and emotional well-being. A personalized storybook, an original 13-song soundtrack, and guided audio journeys extend the experience for students, families, patients, staff, and caregivers alike.

3 The Caregiver's Sanctuary

Supporting the adults who help others thrive.

The well-being of children, patients, and communities is tied to the adults who care for them. The Caregiver's Sanctuary offers a dedicated online community with Morning Fill-Ups, Wind-Downs, wellness resources, and burnout-prevention education, giving caregivers practical tools and a place to pause, recharge, reconnect with their own inner child, and feel supported.

Each pillar strengthens the others.

1. **The physical environment creates the space.**
2. **The programming brings the experience to life.**
3. **The Caregiver's Sanctuary cares for those who care for others, so they can be their best for themselves and the people they care for.**

Together, they create a whole-being sanctuary that supports the people within a community and the environments where they learn, heal, work, and grow.

The Soulful Forest Inc. Starting right here in Connecticut, one local community at a time.

Unity in a Divided Nation

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 an elementary school in Connecticut 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.

Highschool 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 students themselves.

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

Harcourt Foundation
Grant funding for the Able Table, delivered to the school for children to paint and create their own art on it.

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.

Freddy & Co
FINE LANDSCAPE SERVICES

Site landscaping and native plantings for the Trust the Wind Trail.

THE TRUST THE WIND TRAIL · TEN ZONES

MEET THE TWEET HEARTS

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 University**
   School of Acceptance and Belonging
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.

BUDDY · HOLY MOLY · THE TWEET HEARTS · DR. BONITA · Living characters throughout every zone.

THE REFLECTING POND & MINDFUL MOUNTAIN · NOW OPEN AT DOOLITTLE SCHOOL

BEFORE

TODAY

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

MINDFUL MOUNTAIN · ONE ZONE, START TO FINISH

DELIVERY DAY

COMPLETE

Ten zones. Ten stories of transformation. ***Every one of the ten zones was designed, delivered, and installed this way, by hand, by the community.***

MORE FROM THE TRAIL · ZONES & MATERIALS AT DOOLITTLE SCHOOL

THE BIRDHOUSES

GRATITUDE GARDEN

RIVER OF RESILIENCE

AT THE REFLECTING POND

THE STORYBOOK & ACTIVITY GUIDES

WAG MORE, BARK LESS

Signs, songs, and stories all along the trail. ***Every zone was made to be touched, read, and remembered.***

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 · T.V. Songwriter

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 partner site of The Soulful Forest

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

The Official Soundtrack Officially Launches This October!

At the heart of The 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.

COMPOSED & PRODUCED BY

David Friedman

♪ Listen to our Soundtrack

Written by David Friedman · youtu.be/nI97L6_E4mA

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.

THE ALBUM

THE MAKING OF · A FEW PICS FROM THE STUDIO SESSIONS

Help us create places where children and caregivers can breathe, reconnect, and thrive.

The Soulful Forest is taking root, and we need your help to grow it. Your gift secures The Soulful Forest program and builds a strong foundation to bring it to more schools, pediatric units, healthcare facilities, and communities.

YOUR GIFT HELPS US GROW

Your support goes to two places:

Securing Exclusive Licensing

Exclusive licensing rights for The Soulful Forest Inc. to the soundtrack, programs, and characters, so each new sanctuary can be built from them:

- The original soundtrack
- Social-Emotional Learning (SEL) programming and activities
- Storybooks and signage
- The Caregiver's Sanctuary platform

Building Our Foundation

The infrastructure that helps The Soulful Forest grow and reach the people who need it most:

- Our website and technology
- Day-to-day operations
- Sharing our story with schools, hospitals, and families

No gift is too small.

Whether you give $25, $100, $500, $1,000, or whatever feels meaningful to you, you are helping us take the next step toward a future where more children and caregivers have access to environments designed for connection, emotional well-being, and healing.

$25 | $100 | $500 | $1,000 | Any Amount

DONATE NOW →

Interested in making a larger gift, corporate contribution, or sponsorship?

CONTACT US

Thank you for helping us build this movement, one gift at a time.

THE TEAM · LEADERSHIP & CREATIVE CORE

Behind The 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-Creator & 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-Creator & Pilot Program Director

healingchickadee.com

Founder of Soulful Sydney and the Soulful Grandma Brigade. Architect of the community infrastructure making the pilot 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.

Chad LaBonte

Board Member · Strategic Business Advisor

LinkedIn Bio

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

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 The Soulful Forest from a single pilot to a ***national movement, grounded in evidence and care.***

Monica Granovsky, MD

Pediatric, Caregiver & Spanish-Language Advisor

Pediatric hematologist-oncologist advising on pediatric installations, Spanish-language translation, and The Caregiver's Sanctuary's support for hospital caregivers.

Tara Beall-Gomes

Board Member · Clinical Advisor, LPC, LMHC, CCPS

mainstreetcounselor.com

Psychotherapist and certified school counselor. Clinically reviews all Soulful Forest messages and materials for developmental appropriateness.

Elizabeth Liebow

Board Member · Healthcare Strategy

LinkedIn Bio

Strategy executive with 25+ years in healthcare. Chief Strategy & Integration Officer at Dana-Farber Cancer Institute, prior leadership at Mass General Brigham.

Lee Sowles

Founder, Kind Mind Education

kindmindeducation.com

Founder of Kind Mind, an evidence-based SEL program integrating compassion science with trauma-informed, resilience-building practices for children and educators.

Michelle Muscillo

Healthcare Facility & School Installation Advisor

25+ years in healthcare radiology and mammography, plus youth coaching and community leadership, informing thoughtful installations for schools and healthcare facilities.

For More Information, or for Questions

We would love to hear from you.

Contact us at SoulfulForestInc@gmail.com

or contact the President of The Soulful Forest Inc. directly,
Christina Connors, at **954-270-9389**