



YOU DO NOT HAVE TO FIGURE IT OUT ALONE

Support for Real Life

We listen to what is happening, help organize the options, and connect individuals and families with practical next steps.

1

Youth & Family

Education, family needs, advocacy, and respectful support.

2

Housing & Stability

Connections for housing, food, safety, and essential needs.

3

Health & Wellness

Mental, emotional, and physical wellness information and referrals.

4

Older Adults

Resources that honor dignity, independence, and connection.

5

Resource Navigation

Help understanding choices and finding the right next stop.

6

Follow-Through

Support that feels human, practical, and easier to follow.

Start with what you need today.

Email or call Time To Heal. Share as much or as little as you are ready to share.