

# So much of what we do is reactive. How about if we flipped to proactive and prevention?

## That is the mission and purpose of the Time to Play Foundation

Not created to be yet another counseling or wellness project, everything provided by the Time to Play Foundation is intended to motivate, empower, encourage and inspire others to enjoy life. The Time to Play Philosophy is that a person can achieve a better quality of life if they are happy, healthy, have money and a work life balance. The Foundation's programs are centered on these themes to provide resources and plant "seeds" of information in a non-threatening, welcoming, enjoyable, positive hub of resources for people to learn what they need to know so they can have a better life. Established with the knowledge that everyone has something to offer that can help someone else, as well as the fact that together we are stronger, the Foundation is built on the principles of "people helping people" and "collaboration equals success".

## Programs and Services

### Enjoy Life Community™ Project

**Bridging the communication in communities:** The Enjoy Life Community™ project is intended to promote community involvement, decrease social isolation in our at risk populations, bridge communication gaps between community organizations, and motivate the community to work together to create a better life. The goal of the Enjoy Life Community™ is to bring ALL community organizations, groups, people and businesses together to focus on the needs of the community as a whole and not the problems; to encourage everyone to get involved; to spread the news of the good works community groups and people are currently doing; to eliminate the hopelessness that people feel and decrease social isolation; to eliminate the thinking that they are powerless and encourage them to believe that, as a community, anything can be achieved. The Enjoy Life Community™ Project is a low cost social intervention that can improve the quality of life in any community. An easy to implement, step-by-step protocol on how to start an enjoy life community™ is available.

### Enjoy Life Community™ Project for Corporate

Creates an environment where employees, management and ownership will LOVE to work! Just imagine walking into your workplace, an Enjoy Life Community™, where people communicate effectively and work together in harmony. Our program will increase workplace harmony, teamwork, wellness, morale, attendance, retention productivity, and **PROFIT**. Did you know that one toxic employee can cost an organization an average of \$12,800 and cause good employees to quit? Creating an Enjoy Life Community™ will not only create a productive workforce, but save your organization money.

### PREinvent YOUR Life®

The PreInvent YOUR Life™ program is different in that it provides tips, tools and resources in a proactive manner instead of waiting for people to develop a self-destructive behavior then try to get back on track. The PreInvent YOUR Life® program enables a person to develop skills to PRE-Invent their life situation versus the typical reinvention that is the customary approach in our society today. There is no limit to the program offerings that can be provided under the PreInvent YOUR Life® program umbrella. The programs follow the Time to Play Foundation's Philosophy that you have to be happy, healthy, have money and a life balance to have quality of life. Programs can be tailored to meet the needs of a group, business, organization or community.

### I CAN BExtraordinary®

There are many reasons why the I CAN BExtraordinary® program was started as part of the Time to Play Foundation. Our main objective is to provide enjoyable reminders and resources for all people so they can enjoy life. I CAN BExtraordinary® encourages self-esteem, self-empowerment, self-love, self-worth, and self-confidence. There are so many of us who need a little encouragement out there, and our goal is to remind people they CAN BExtraordinary®. The unique approach, educational programs and products that we have developed have meaning and a purpose to encourage people to adopt the I CAN BExtraordinary® attitude, to believe in themselves, and to learn what they need to know so they can be empowered and have a better life. We believe that EVERYONE CAN BExtraordinary®.

**Commun-a-tea Center** Is a place where members of the community can come together in a safe, judgment free environment where they can share talents including art, music, decrease social isolation, and learn what they need to know so they can enjoy life. Program offerings will include coaching, physical and mental exercise including yoga and meditation, healthy eating programs, art classes, tutoring, therapeutic massage and other treatments, music therapy and art therapy programs.

**The Basement** Is a sober, judgment free environment for 17 years of age and over (but everyone is welcome) with goals to enrich the lives of this generation and all participants through music, art, self expression, creativiTEA, and good vibes. In the words of Jackie Guma, Founder: "Here is a place where we all can share stories, poetry, music, laughter, and life. The Basement thrives off of the good energy that lives inside of it. Percussion and percolation keep us in steeping circulation. Here to give equal opportunity for all types of entertainers and performance, we are a sober, judgment free environment with a cozy and homey feel."

### Empower Half Hour Internet Radio Station Available for people to call in and join the discussion!

Our internet radio channel has something for everyone and provides peer to peer support: Veterans on Mondays, Business Success on Tuesdays, Time to Play Philosophy topics rotate every Wednesday between Happy, Healthy, Have Money, and Work Life Balance, and "Say What You Wanna Say" topics on Thursdays, more geared to the younger population but ANYONE can listen and call in. We're also working on scheduling a 50+ radio podcast, and more! Members of the Foundation's team and special guests share and discuss good news stories, stories of hope, stories of success and stories of empowerment. We talk about proactive things each of us can easily do to make every day better, and motivate and empower each other. The whole idea in this podcast is people helping people and collaboration equals success. **We're all in this together.**

**Everything we do is proactive and POSITIVE.  
We offer something for everyone!**