

The Time to Play Foundation



Our Foundation's Proactive Programs:

The Time to Play Philosophy:
Be Happy, Healthy, Have Money
and Work/Life Balance.

Programs are offered for quality of life development for people of all ages (youth to seniors).

Programs are tailored by our team of Professionals & Enjoy Life Coaches to meet the needs of individuals and/or communities and include:

- PREinvent Your Life®
- Enjoy Life Community®
- Coaching:
 - Emotional Intelligence
 - Life Coaching
 - Parent Coaching
- Santa & Me
- Leadership: For Youth / Teen
- Workplace Engagement / Leadership
- Marital Joy
- Communication Skills
- Financial Wellness
- Family Happiness
- Mindfulness Yoga | Meditation
- Wellness: Individual & Workplace
- Navigating the Teen Years
- Bringing Joy to Difficult Life Situations

Addiction Prevention Education & Workshops:

- Science of addiction
- Red watch band
- Narcan trainings
- Vaping workshop
- Advocacy training

Programs At A Glance

The Time to Play Foundation is a not for profit advocacy organization with the goal to enrich the lives of people and communities. The Foundation offers a proactive and preventive approach instead of the reactive / crisis management approach common in our society.

We Believe Everyone Can Enjoy Life. We strive to empower people and give them tools so they can succeed and create quality of life. The Foundation's goal is to provide proactive education, ideas and resources for people so they can create a better life for themselves, their families and their community. We strive to prevent the beliefs and behaviors that lead to depression, anxiety and development of self-destructive behaviors including drug and alcohol use. This is accomplished through preventive individual and community education and programs, public awareness outreach, events and learning opportunities that further the concept of life enjoyment.

PREinvent Your Life®: Individual Focus & Empowerment

The PREinvent Your Life® program serves to enable individuals to develop skills to PREinvent their life versus the typical reinvention that is the customary approach in our society today. With these proactive tools, it is anticipated that better choices could be made by the individual to be happy, healthy, have money and life balance to create quality of life.

The PREinvent YOUR Life® program is not a recovery or counseling program, but proactive life and coping skills that can create awareness of strengths and healthy options that, when implemented, may result in healthy choices, positive behaviors and a positive life experience in a preventive manner. Programs may include communication, emotional intelligence, wellness, financial wellness, life & work balance, business success, entrepreneurship, and mindfulness.

Programs are available for ages youth through seniors, including those who currently experience a negative life situation including, for example, veterans or at-risk youth, to help them refocus on their self-awareness, personal power, positive strengths and options. ****Ask about Santa & Me for youth****

Enjoy Life Community®: Neighborhood, School or Workplace

A solution to decrease hopelessness, social isolation and bullying

Helping people to create and empower entire communities: By following the visible and proactive principles of the Enjoy Life Community® program, communities can become empowered to focus on the positive, possibilities and strengths in their communities. This program has the potential to decrease social isolation, bring together organizations and individuals in a community, bridge communication barriers, and to increase engagement. The goal is to motivate community members to collaborate and create solutions for a better life and stronger community and believe that, as a community, anything can be achieved.

Tailored to YOUR community including: • Schools, Colleges & Universities
• Neighborhoods • High Risk Neighborhoods or Groups • Corporate Workplaces

***** See www.TimetoPlayFoundation.org or call 631-331-2675 ***
for Program Schedule and More Information**