



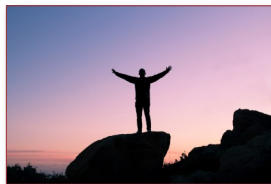
Capability Statement

The **Health Empowerment Series** is a human development program that teaches Mindfulness Based Stress Reduction to prevent negative mental health outcomes. If we are not protecting our mental health, we are not preventing negative mental health outcomes. Our program is available for any person looking to build a solid skill-set in Emotional Health and Wellbeing. At any age, and any stage of life, Health Empowerment Series offers a solution to emotional dysregulation.

Core Competencies

We Specialize in:

- ✓ Emotional Intelligence & Regulation
- ✓ Real Life Coping Skills & Life Saving Skills
- ✓ Self Esteem, Accountability & Resilience Building
- ✓ Mental Health Nutrition
- ✓ Mindfulness Based Stress Reduction
- ✓ Mental Health Awareness & Rescue
- ✓ Trauma Tools & Transformation
- ✓ Peaceful Problem Solving
- ✓ Breath Work & Positive Self Talk



Differentiators

- ✓ Work from a prevention standpoint.
- ✓ We teach the skills necessary to identify and regulate the emotion as it comes up in real life.
- ✓ Our neuroscience based program is effective at developing and maintaining positive relationships with self and others.
- ✓ Our Mindful Liaisons teach the program in person or via zoom and are educated specifically in mindfulness, prevention, mental health, nutrition, interpersonal neurobiology and de-escalation therapies.

www.generationkindful.org



CAGE: 8F3V6 | **DUNS:** 112873046 | **Phone:** (408) 218-5871

Company Snapshot

Gov. Business POC: Cheryl Sims
Phone: (408) 218-5871
E-Mail: healthempowermentseries@gmail.com
Address: 437 W Morgan Ct, Mountain House, CA 95391
Work Area: California
Socio-Economic: Woman Owned Business

Past Performance

Completion of a 5-week comprehensive data study involving a third-grade classroom of 27 students. The goal was to determine whether 3 mindful moments a day could: boost self-esteem, reduce classroom aggression, and improve grades while reducing stress levels. The result was a 60 to 79% improvement in all areas respectively. Additionally, Health Empowerment Series conducts federally funded "Communities Talk" meetings and classes for prevention of underage drinking, drug use, vaping and other topics of mental and physical health topics on an annual basis.

Primary NAICS & PSC Codes

611430 - Professional and Management Development Training
541690 - Other Scientific and Technical Consulting Services
611710 - Educational Support Services
624190 - Other Individual and Family Services
812199 - Other Personal Care Services
812990 - All Other Personal Services
813319 - Other Social Advocacy Organizations
813920 - Professional Organizations
Q999 - Medical - Other
U099 - Education/Training - Other

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