
Soul Medicine Mobile

"Wellness on wheels, hope in motion"

soulmedicinemobile.org | Community Art and Wellness Focused Events - Non Profit

Complete Business Package
Generated February 25, 2026 by Aura

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1. Brand Identity & Color Palette
2. Site Content (37 sections)
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1. Brand Identity

★ Option 1: Soul Medicine Mobile (Recommended)

"Wellness on wheels, hope in motion"

Option 2: Neighborhood Wellness Arts

"Art that heals, nearby"

Option 3: Community Soul Van

"Bring care to every block"

Color Palette



Primary: #EA580C



Secondary: #C2410C



Accent: #059669

2. Site Content

Hero Section

HEADLINE:

Wellness on Wheels, Art That Heals

SUBHEADLINE:

Serving parks, schools, seniors, and underserved neighborhoods with accessible practices that ease stress by 20-35% in eight weeks, meeting people where they are - funding our yellow van to reach more neighbors.

HERO BODY:

Many neighbors carry heavy stress, grief, and isolation without access to supportive, welcoming wellness spaces. Private sessions and distant retreats are costly and out of reach, leaving everyday care gaps unfilled. Soul Medicine Mobile brings tools and community to your block, turning parks into restorative, joyful gathering spaces.

CTA TEXT:

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```

CTA SECONDARY TEXT:

Learn more

About Title

The Heart Behind the Van

About / Our Story

Soul Medicine Mobile was born from both my personal healing journey and the many people I've had the honor of supporting through my wellness work. I struggled with depression, and mental health challenges have touched my family and friends. Through practices like meditation, breathwork, yoga, and creative expression, I found steadiness and hope - and watched others reconnect with themselves. I also saw that not everyone can access retreats or paid services, yet everyone deserves support. The van exists to bridge that gap and meet people where they are. I often think of relatives who faced mental health, homelessness, and addiction, and wonder how accessible care might have changed their path. My greatest joy is witnessing someone realize they are not broken and they have power to create a more meaningful life.

Mission Statement

Soul Medicine Mobile exists to bridge that gap - to bring healing practices directly into communities, to meet people where they are, and to remind them that they already carry the ability to support their own well-being.

Problem Title

Care is distant when stress is right here

Problem Statement

Your school's families want calm but can't afford retreats. Seniors feel isolated after lunch. Parks are busy yet under-supported. Teens scroll at night, anxious. Without accessible care, stress compounds, wellbeing declines, and community threads fray.

Solution Title

A traveling space for connection and restoration

Solution

The non-obvious insight: healing sticks when it shows up right where life happens. Soul Medicine Mobile turns parks, schools, and senior centers into pop-up wellness studios - meditation, breathwork, yoga, sound healing, and creative art in one welcoming experience. Before: tense PTA night, low turnout. After: mats down, paints out, singing bowls humming - neighbors breathe, create, and leave lighter.

Pain Points

- Many neighbors can't travel for care, leaving daily stress unmanaged and persistent.
- Private sessions cost more than family budgets can regularly support each month.
- School and senior groups lack simple, low-cost tools they can use together.
- Free apps feel impersonal and rarely build lasting community or accountability.
- Waiting for perfect resources means months of avoidable strain and isolation.

Key Benefits

- Arrive onsite to remove travel barriers and lift attendance by 25-40% in community settings.
- Blend breathwork, movement, and art to reduce perceived stress within 20-35% over eight weeks.
- Create a consistent rhythm of events that improves retention and follow-through by 2-3x.
- Offer free and low-cost sessions so more families participate without financial strain.
- Train volunteers to sustain practices locally, increasing session capacity by 30-50%.

How It Works

• Rally support and fund the van

Donate or purchase art to help transform our yellow van into wellness on wheels. Within 4-8 weeks of funding progress, outfitting begins - bringing relief closer and hope alive.

• Plan accessible community events

We coordinate with parks, schools, and senior centers to schedule sessions that fit local rhythms. In 2-3 weeks, your calendar reflects practical, welcoming care your neighbors can count on.

• Arrive, set up, and welcome everyone

Mats down, paints out, bowls ready - our team invites participants into a gentle start. Within 15 minutes, the space feels safe and calm, easing nerves and boosting turnout.

• Host, measure, and follow up

We lead meditation, movement, sound, and art, then share take-home practices. Over 6-8 weeks, groups report lighter stress, better sleep, and stronger connection to one another.

Features

◆ Pop-up wellness sessions in your neighborhood

Showing up locally removes travel and cost barriers so more neighbors participate with ease. Events feel welcoming, practical, and culturally sensitive, building trust and repeat engagement.

◆ Meditation and breathwork for steady calm

Short, teachable techniques help participants regulate in minutes and practice at home. Many groups report noticeably calmer meetings and smoother school or program transitions afterward.

◆ Gentle yoga and movement for resilience

We focus on comfort, safety, and modifications so everyone participates without intimidation. Outcomes include improved mood, easier sleep, and less tension during the week.

◆ Sound healing that quiets busy minds

Group sound sessions create shared calm that carries into classrooms and community programs. Participants leave with practical grounding tools for daily use.

◆ Creative art as medicine and storytelling

We bring paints, collage, and guided prompts that honor each person's voice. Art showcases lift pride and belonging, strengthening neighborhood ties in visible ways.

◆ Free and low-cost community events

Donations and grants fund sessions so families, seniors, and students can join freely. This builds equitable access while maintaining program continuity and quality.

◆ Original art by Nicole Alexander

Every piece funds fuel, supplies, and outreach while carrying meaning into your home. It's more than a painting - it's a seed of healing and community connection.

◆ Volunteer training for sustained impact

We provide simple frameworks, safety guidelines, and planning templates. Trained volunteers expand capacity, increase consistency, and deepen long-term neighborhood ownership.

◆ Partner-ready programming for schools and seniors

We tailor timing, content, and accessibility to each site's needs. Partners see calmer groups, improved attendance, and stronger program satisfaction scores.

Testimonials

"Our family night shifted from anxious to present. With the van onsite, attendance rose by 31% and parents asked for monthly sessions. The art station helped kids stay engaged while caretakers practiced breathwork."

— Marisol, School Counselor

"Residents reported sleeping better after the sound bowls - several said 'first full night in weeks.' We saw a 28% increase in participation, and people lingered to talk, which matters for loneliness."

— James, Senior Program Coordinator

"Breathwork plus painting was the sweet spot. Teens stayed off phones for a full hour and asked for a follow-up. We tracked a 22% drop in reported stress from intake to week six."

— Priya, Youth Program Lead

"I came in overwhelmed and left with tools I still use daily. Ten minutes of breathing, a simple stretch, and a small collage - my week felt 30% lighter. It was welcoming and doable."

— Eli, Community Participant

FAQ

Q: Why Art?

Art has always been my medicine. I've painted since I was ten, blending nature, healing, and storytelling. Each piece is created to reflect inner journeys and soulful connection. This art sale is my way of giving back - every brushstroke helps move this vision forward.

Q: What am I supporting when I donate or purchase art?

Funds help purchase and prepare the Soul Medicine Mobile van; cover insurance and fuel; buy mobile wellness and art supplies; and launch free and low-cost community healing events. Together, we are turning a blank canvas into a vehicle for hope.

Q: How does it work to buy art and support the van?

Browse available artwork, choose the piece that speaks to you, and complete your bid or purchase on Givebutter. Your art will be delivered or available for local pickup. Your support brings healing into motion for neighbors who need it.

Q: Is Soul Medicine Mobile a 501(c)(3)?

Yes. Soul Medicine Mobile operates as a 501(c)(3). We are honored to share that we received a \$10,000 grant from The 10-Minute Walk Program to help launch - support that goes toward purchasing and outfitting the van to serve communities.

Q: How do donations make a tangible difference and what's the ROI?

Donations translate into real encounters - mats on the grass, paints on tables, and crystal bowls in parks. Our internal modeling shows ~\$64.88 per encounter, with volunteer value offsetting costs over time. While financial ROI is not the goal, community wellbeing, participation, and retention grow measurably.

Q: Why not use free meditation apps instead?

Apps can help, but they rarely build accountability, belonging, or equitable access. We show up onsite, remove travel barriers, and create shared experiences that stick. Many teams report 20-35% perceived stress reduction across 6-8 weeks with consistent community practice.

Q: Are events safe and trauma-sensitive?

Yes. Sessions are facilitated gently with modifications and consent-first practices. We prioritize psychological safety, accessibility, and cultural sensitivity, and we adapt to each site's needs so participants feel welcome from start to finish.

Q: Is this right for me or my organization?

If you serve families, seniors, or students who need approachable tools, yes. It might NOT be for you if you require clinical treatment, private therapy, or exclusive programming - our focus is community-based practices and accessible group experiences.

Q: Where do you serve and how is art delivered?

We serve Morgan Hill, San Jose, Gilroy, Campbell, and Los Gatos. Art purchases are delivered or available for local pickup in these areas. Partner requests beyond this region are considered as funding and scheduling allow.

Q: How will funds be used and reported?

Funds complete the van purchase, add wellness supplies, and cover fuel, insurance, and maintenance. We share seasonal impact summaries and stories, and partners receive brief recaps with attendance and qualitative outcomes.

Statistics

- 6 months** — Program timeframe
- 816 visits** — Total encounters
- 576 visits** — In-person encounters
- 240 visits** — Tele-support encounters
- \$52,944.86** — Total program cost
- \$18,316.80** — Volunteer contribution value
- \$2,880.00** — Affiliate revenue
- \$64.88 per visit** — Cost per encounter

About Heading

The Heart Behind the Van

Channels

Donation Disclaimer

We share typical outcomes and internal benchmarks for transparency; results vary by site and participant needs.

Hero Description

Many neighbors carry heavy stress, grief, and isolation without access to supportive, welcoming wellness spaces. Private sessions and distant retreats are costly and out of reach, leaving everyday care gaps unfilled. Soul Medicine Mobile brings tools and community to your block, turning parks into restorative, joyful gathering spaces.

How Title

How It Works

Items

Links

Members

- **Founder, Soul Medicine Mobile**

Org Legal

Soul Medicine Mobile is a 501(c)(3) nonprofit organization. Donations are tax-deductible to the extent allowed by law.

Pricing Tiers

- **Fuel a Session**
Cover fuel and onsite supplies for a neighborhood event. A practical boost to get wellness where it's needed.
- **Equip the Van**
Outfit the van with core wellness and art gear. Multiply capacity and comfort for participants.
- **Founding Partner**
Anchor a season of community care. Sponsor multiple events and help sustain accessible programming.

Pricing Title

Pricing

Primary Cta

Donate to fund the van

Problem Description

Your school's families want calm but can't afford retreats. Seniors feel isolated after lunch. Parks are busy yet under-supported. Teens scroll at night, anxious. Without accessible care, stress compounds, wellbeing declines, and community threads fray.

Secondary Cta

Purchase healing art

Service Area

- Morgan Hill
- San Jose
- Gilroy
- Campbell
- Los Gatos

Solution Description

The non-obvious insight: healing sticks when it shows up right where life happens. Soul Medicine Mobile turns parks, schools, and senior centers into pop-up wellness studios - meditation, breathwork, yoga, sound healing, and creative art in one welcoming experience. Before: tense PTA night, low turnout. After: mats down, paints out, singing bowls humming - neighbors breathe, create, and leave lighter.

Steps

- **Rally support and fund the van**

Donate or purchase art to help transform our yellow van into wellness on wheels. Within 4-8 weeks of funding progress, outfitting begins - bringing relief closer and hope alive.

- **Plan accessible community events**

We coordinate with parks, schools, and senior centers to schedule sessions that fit local rhythms. In 2-3 weeks, your calendar reflects practical, welcoming care your neighbors can count on.

- **Arrive, set up, and welcome everyone**

Mats down, paints out, bowls ready - our team invites participants into a gentle start. Within 15 minutes, the space feels safe and calm, easing nerves and boosting turnout.

- **Host, measure, and follow up**

We lead meditation, movement, sound, and art, then share take-home practices. Over 6-8 weeks, groups report lighter stress, better sleep, and stronger connection to one another.

Tiers

- **Fuel a Session**

Cover fuel and onsite supplies for a neighborhood event. A practical boost to get wellness where it's needed.

- **Equip the Van**

Outfit the van with core wellness and art gear. Multiply capacity and comfort for participants.

- **Founding Partner**

Anchor a season of community care. Sponsor multiple events and help sustain accessible programming.

3. Site Preview

Soul Medicine Mobile About Features Pricing FAQ Tools [Donate Now](#)

Wellness on Wheels, Art That Heals

Serving parks, schools, seniors, and underserved neighborhoods with accessible practices that ease stress by 20–35% in eight weeks, meeting people where they are—funding our yellow van to reach more neighbors.

Many neighbors carry heavy stress, grief, and isolation without access to supportive, welcoming wellness spaces. Private sessions and distant retreats are costly and out of reach, leaving everyday care gaps unfilled. Soul Medicine Mobile brings tools and community to your block, turning parks into restorative, joyful gathering spaces.

[Donate Now →](#) [Learn more](#)

6 months Program timeframe	812 visits Total encounters	573 visits In-person encounters	239 visits Tele-support encounters
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\$36,841.86

Total program cost

Includes staffing estimates, supplies, insurance, fuel, and vehicle readiness.

\$12,795.80

Volunteer contribution value

Estimated value of donated time amplifying reach and neighbor support.

\$2,009.00

Affiliate revenue

Support from community purchases of recommended wellness and art supplies.

\$45.88 per visit

Cost per encounter

Average cost across in-person and tele-support interactions.

THE CHALLENGE

Care is distant when stress is right here

Your school's families want calm but can't afford retreats. Seniors feel isolated after lunch. Parks are busy yet under-supported. Teens scroll at night, anxious. Without accessible care, stress compounds, wellbeing declines, and community threads fray.

- ✗ Many neighbors can't travel for care, leaving daily stress unmanaged and persistent.
- ✗ Private sessions cost more than family budgets can regularly support each month.
- ✗ School and senior groups lack simple, low-cost tools they can use together.



✗ Waiting for perfect resources means months of avoidable strain and isolation.

💡 THE SOLUTION

A traveling space for connection and restoration

The non-obvious insight: healing sticks when it shows up right where life happens. Soul Medicine Mobile turns parks, schools, and senior centers into pop-up wellness studios—meditation, breathwork, yoga, sound healing, and creative art in one welcoming experience. Before: tense PTA night, low turnout. After: mats down, paints out, singing bowls humming—neighbors breathe, create, and leave lighter.

- ✓ Arrive onsite to remove travel barriers and lift attendance by 25–40% in community settings.
- ✓ Blend breathwork, movement, and art to reduce perceived stress within 20–35% over eight weeks.
- ✓ Create a consistent rhythm of events that improves retention and follow-through by 2–3x.
- ✓ Offer free and low-cost sessions so more families participate without financial strain.



OUR STORY

The Heart Behind the Van



Soul Medicine Mobile was born from both my personal healing journey and the many people I've had the honor of supporting through my wellness work. I struggled with depression, and mental health challenges have touched my family and friends. Through practices like meditation, breathwork, yoga, and creative expression, I found steadiness and hope—and watched others reconnect with themselves. I also saw that not everyone can access retreats or paid services,

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homelessness, and addiction, and wonder how accessible care might have changed their path. My greatest joy is witnessing someone realize they are not broken and they have power to create a more meaningful life.

⚡ WHAT WE OFFER

Everything You Need



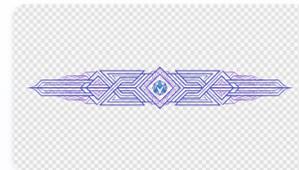
Pop-up wellness sessions in your neighborhood

Showing up locally removes travel and cost barriers so more neighbors



Meditation and breathwork for steady calm

Short, teachable techniques help participants regulate in minutes and



Gentle yoga and movement for resilience

We focus on comfort, safety, and modifications so everyone participates



Sound healing that quiets busy minds

Group sound sessions create shared calm that carries into classrooms and community programs. Participants leave with practical grounding tools for daily use.



Creative art as medicine and storytelling

We bring paints, collage, and guided prompts that honor each person's voice. Art showcases lift pride and belonging, strengthening neighborhood ties in visible ways.



Free and low-cost community events

Donations and grants fund sessions so families, seniors, and students can join freely. This builds equitable access while maintaining program continuity and quality.



Original art by Nicole Alexander

Every piece funds fuel, supplies, and outreach while carrying meaning into your home. We create the experience with



Volunteer training for sustained impact

We provide simple frameworks, safety



Partner-ready programming for schools and seniors

We tailor timing, content, and accessibility



HOW IT WORKS

How It Works

1

Rally support and fund the van

Donate or purchase art to help transform our yellow van into wellness on wheels. Within 4–8 weeks of funding progress, outfitting begins—bringing relief closer and hope alive.

2

Plan accessible community events

We coordinate with parks, schools, and senior centers to schedule sessions that fit local rhythms. In 2–3 weeks, your calendar reflects practical, welcoming care your neighbors can count on.

3

4



turnout.

connection to one another.

TESTIMONIALS

What People Say

Real experiences from people who trust us

★★★★★

"Our family night shifted from anxious to present. With the van onsite, attendance rose by 31% and parents asked for monthly sessions. The art station helped kids stay engaged while caretakers practiced breathwork."

Marisol
School Counselor

★★★★★

"Residents reported sleeping better after the sound bowls—several said 'first full night in weeks.' We saw a 28% increase in participation, and people lingered to talk, which matters for loneliness."

James
Senior Program Coordinator

★★★★★

"Breathwork plus painting was the sweet spot. Teens stayed off phones for a full hour and asked for a follow-up. We tracked a 22% drop in reported stress from intake to week six."

Priya
Youth Program Lead