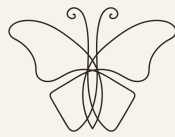





# LUMINARY INTEGRATIVE HEALTH



*Our Mission*

*DEDICATED TO PROVIDING HOLISTIC HEALTHCARE AND EDUCATIONAL  
RESOURCES TO WOMEN AFFECTED BY GENDER-BASED VIOLENCE.*





SUPPORT IS THE  
FOUNDATION UPON  
WHICH HEALING  
AND HOPE ARE  
BUILT.

*Luminary Integrative Health*





# HONOURING HANNAH'S LIGHT.

*INSPIRATION FOR OUR MISSION*

Our organization is dedicated to honouring the radiant spirit of Hannah Cornelius, whose life and story became a powerful catalyst in founding Luminary Integrative Health.

Her memory fuels our commitment to providing holistic healing for women affected by gender-based violence.

Hannah's legacy inspires us to shine a light on the ongoing impact of gender-based violence, not only within Canada but around the world.



# ABOUT US.

Luminary Integrative Health is a Canadian nonprofit organization dedicated to providing trauma-informed, holistic healthcare services and education for women affected by gender-based violence.

Our mission is to make holistic care accessible to women in need, empowering them to reconnect with their strength and resilience. To achieve this, we offer wellness packages to the broader community, with each purchase helping to fund services for those who might otherwise lack access.

At Luminary, we envision a future where every woman has the support she needs to heal and thrive, free from cycles of violence. Our online platform offers personalized services that help restore balance, build resilience, and foster self-empowerment within a safe and supportive environment.

By choosing Luminary, clients invest in their own wellness journey while empowering others to heal. Together, we're building a compassionate, resilient future, making trauma-informed care accessible to those who need it most.

TOGETHER, WE'RE  
BUILDING A  
COMPASSIONATE,  
SUPPORTIVE FUTURE.



# WHAT DOES “TRAUMA- INFORMED” MEAN?

Trauma-informed care means approaching healthcare, support, and interactions with a deep understanding of the effects of trauma on a person's physical, emotional, and mental well-being. It emphasizes safety, compassion, and empowerment, recognizing that trauma can impact how individuals perceive and respond to care.



# WHAT DOES “HOLISTIC” MEAN?

Holistic means considering the whole person rather than just treating specific symptoms or conditions. In healthcare, a holistic approach addresses physical, emotional, mental, and sometimes even spiritual aspects of well-being, recognizing that all these areas are interconnected and impact each other.



# OUR ONLINE SERVICES.



## HOLISTIC NUTRITION

Tailored nutritional support to promote physical resilience, balance, and overall well-being. By focusing on nutrient-dense foods, holistic nutrition can help stabilize mood, boost energy, and support the body's natural healing processes, whether managing stress or recovering from life's challenges.



## HERBAL MEDICINE

Gentle, plant-based remedies designed to assist in emotional and physical restoration. Herbal medicine offers a grounding approach that soothes the nervous system, reduces stress, and restores inner balance, supporting wellness for both everyday stress and deeper healing.



## SOMATIC THERAPIES

Mind-body practices that help release tension and reconnect with inner wisdom. Through gentle, restorative movement, clients can let go of stored stress, reconnect with their bodies, and foster a renewed sense of safety and grounding.



## ART & MUSIC THERAPY

Creative expression as a pathway to emotional release, resilience, and self-discovery. Art and music therapy provide supportive outlets for processing emotions, allowing individuals to express, understand, and integrate their experiences in a safe, nurturing environment.



## REPRODUCTIVE WELLNESS

Comprehensive care for reproductive health and hormone balance. This service supports healthy cycles, provides guidance for reproductive well-being, and addresses the unique needs of those healing from trauma or managing stress-related reproductive issues.





# WHY SUPPORT US?

## 1. MAKE A DIFFERENCE

Help bridge gaps in healthcare by supporting services that empower individuals on their journey to wellness. Your contribution provides essential, holistic care to those who need it most, creating meaningful, positive change in their lives.

## 2. SHOWCASE YOUR COMMITMENT

Align with a purpose-driven initiative dedicated to fostering real impact. Partnering with Luminary highlights your commitment to supporting recovery, resilience, and growth in a compassionate, trauma-informed community.

## 3. GIVE BACK TO THE COMMUNITY

Join a movement focused on collective well-being and empowerment. By supporting Luminary Integrative Health, you're helping to build a more compassionate, resilient community where everyone has the opportunity to thrive.





Whether you're looking to prioritize your wellness, support employee health, or make a difference through meaningful contributions, there are many ways to become part of the Luminary community:

## Wellness Plans

Choose our holistic healthcare offerings to improve your health and wellness or to support the wellness of your employees. With each appointment, a percentage of the cost goes directly toward funding care for women affected by trauma.

## Partnerships

Join us as a partner to help expand our services, reach more women, and foster a community-centered approach to healing. We welcome partnerships with like-minded businesses and organizations to make a greater impact together.

## Volunteer or Donate

Contribute your time or resources to help us sustain and grow our offerings, supporting a wider network of individuals on their healing journey.





# OUR GOALS FOR 2025

*And Beyond*

## 1. LAUNCH WELLNESS PLANS

In 2025, we plan to launch our Holistic Healthcare Plans, making accessible, trauma-informed services available to the general public. These plans will allow clients to invest in their wellness while directly supporting women in need, creating a cycle of community-centred healing.

## 2. APPLY FOR CHARITABLE STATUS

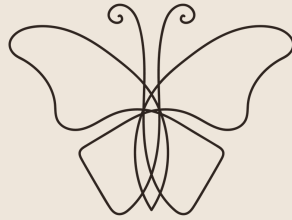
Achieving charitable status is a key step to expanding our impact. With this designation, we'll be able to issue tax receipts for donations, making it easier for individuals and businesses to support our mission and receive acknowledgment for their contributions.

## 3. SECURE SUSTAINABLE FUNDING

Long-term sustainability is essential for providing consistent care. We're focused on securing grants, donations, and community support to build a stable foundation for Luminary. With reliable funding, we can ensure that our services remain accessible and that we continue to grow and support more women on their healing journeys.



# ARE YOU INTERESTED IN JOINING US ON THIS JOURNEY?



Let's talk about how your support can help expand access to trauma-informed care for women in need.



[contact@luminaryintegrativehealth.ca](mailto:contact@luminaryintegrativehealth.ca)



[www.luminaryintegrativehealth.ca](http://www.luminaryintegrativehealth.ca)



[@luminaryintegrativehealth](https://www.instagram.com/luminaryintegrativehealth)

