

WAYS TO HELP

Give money, space, reach, or expertise.

Scholarship access

Fund the gap, or a full seat, so a family's finances never decide who gets on the mat.

Partner cohorts

Help deliver a defined cohort inside a school, clinic or community site.

Space

Donate weekday evening or weekend hours in a safe matted room. In kind space can be worth more to us than cash, because it is the constraint we cannot buy our way past quickly.

Evidence and safety

Support measurement, safeguarding, accessibility, data security and facilitator development. This is the part nobody funds and everybody expects.

Introductions

Connect TRUETH with clinicians, schools, employers, cities, foundations and service clubs.

GIVE

HOST

INTRODUCE

ADVISE

Eligible gifts receive written acknowledgment. Recognition is published only with your permission, and we do not sell, trade or share donor information.

START HERE

The first step is a conversation.

Tell us what kind of impact you want to make. TRUETH will connect the gift to a specific use and provide written acknowledgment.

1 Share your context

The impact you want, and the form it can take: money, space, reach, expertise.

2 Talk with the team

What it funds, what it does not, and what you will hear back.

3 Choose a giving path

A seat, a cohort, a space, or an introduction.

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CALL 425.931.2582
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How to give right now

Online giving is being set up under board review. Until it is live, email or call and a gift can be arranged the same week, with written acknowledgment. Employees of large companies can also find TRUETH on Benevity for matched giving and logged volunteer hours.



SCAN TO GIVE

TRUETH Foundation
Woodinville, Washington 98072
501(c)(3) · EIN 39-2576788

501(c)(3) · EIN 39-2576788 · Donations are tax deductible to the extent allowed by law.



TRUETH FOR SUPPORTERS

Fund the seat. Build the system.

Your support turns one promise into practice: no child is ever turned away for financial reasons. It also funds the unglamorous half, safe delivery, honest measurement, and wider access.



Original TRUETH movement illustration, digitally generated. Not a photograph and not a likeness of any person.

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TRUETH complements professional care. It does not diagnose, treat, or replace medical, psychological or educational services.

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THE MISSION

Movement based regulation, and belonging.

No child is broken.
Every child carries something extraordinary.

TRUETH Foundation is a Woodinville, Washington 501(c)(3) serving children ages 5 to 17, with a diagnosis or without one. Mixed cohorts combine breathwork, movement, emotional literacy, accommodations, earned mastery and community, so that no child is in the room because of a label.

- Breathe
settle
- Move
practice
- Name
communicate
- Earn
mastery

The access promise
Tuition today runs from full scholarship to sustaining. Uniform, belt testing and Warrior Ceremony participation are included at every band. Bands are private and never visible on the mat.

The trust promise
Applied practice and parent observation are not published clinical proof, and we do not present them as such. Measurement will be shared honestly, including its limitations and any flat findings. If you ever see TRUETH material stating a clinical outcome as proven, tell us. That is a mistake, not a message.

Current programs complement care. They do not replace it.

CONCRETE GIVING

Four ways a gift becomes access.

- \$45
One supported seat month. Covers the gap for a family already contributing what it can.
- \$145
One scholarship month. One child trains for one month at no cost to the family.
- \$1,740
One scholarship year. A full year including uniform, testing and the Warrior Ceremony.
- Partner gift
A cohort at a partner site. Helps underwrite delivery inside a clinic, school or community space.

GIFTS CAN ALSO FUND

- Space
safe rooms
- Safety
safeguarding
- Proof
measurement

Tuition is a program fee, not a tax-deductible gift. Donations are tax deductible to the extent allowed by law.

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WHAT SUPPORT BUILDS

Access now. Capability next. Vision later.

- Public now
Scholarship seats, current program delivery, safeguarding, family access, and community trust.
SEATS SAFETY DELIVERY
- Active build
Partner pilot design, outcome measurement, facilitator curriculum, parent education, and the heritage archive documenting the method.
PILOTS TRAINING HERITAGE
- Future and R&D
Mobile academies, digital learning, youth-safe progression systems, regional reach. These are concepts, not commitments, and no gift is solicited against them.
MOBILE DIGITAL R AND D

Transparency standard
Publish what funds support. Obtain permission before using a partner's name or a child's story. Protect donor information. Keep current delivery clearly separate from future concepts.

The goal is not vague awareness. It is funded seats, safe delivery, and evidence people can trust.