

# WELCOME TO Vashti's HOUSE

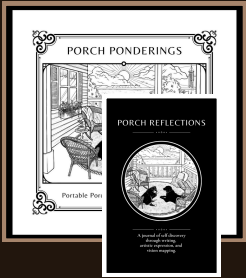
Make Yourself at Home

## PRODUCTS



VASHTI'S HOUSE IS A HOME IMPROVEMENT COMPANY, EXCEPT "HOME" IS INSIDE OF YOU.

TAKE CHARGE OF YOUR OWN MENTAL AND EMOTIONAL HEALTH. WE'RE MAKING IT:  
*Fun. Easy. Inspiring.*



Are you spending too much time on your phone but wouldn't know what to do with your hands, eyes, and brain if you weren't scrolling? No problem, try a more contemplative lifestyle with this portable porch with captivating ponderings or pick up the *Porch Reflection* journal for more interactive contemplation.



Feeling emotionally overwhelmed and mentally unstable? How about a fitness program for your inner self? We have that!



Need Therapy but don't have the time or money? We've got the perfect set of therapeutic reference books. It's fun sized therapy! Get all three of the Pick-Me-Up Pocket Therapy series and learn about your super power, how to cope efficiently, and how to use your worse days for good!



Guess what? We've got the most amazing children's books as well! For the children in your life and the child in you.



A PUBLISHING HOUSE *plus*

📞 971-428-7538

Our trainers and service providers are at the top of their game. Learn more about how we can support you at: [vashtishouse.com](http://vashtishouse.com)



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# Vashti's HOUSE

*Make Yourself at Home*

## SERVICES



WE'RE CREATING OPPORTUNITIES FOR YOU TO EQUIP THE PEOPLE IN YOUR COMMUNITY TO BE MORE EMOTIONALLY AND MENTALLY HEALTHY.

DO YOU WANT TO PROVIDE AN OPPORTUNITY FOR YOUR COMMUNITY TO IMPROVE MENTAL AND EMOTIONAL HEALTH? WE'RE MAKING IT:

*Fun. Easy. Inspiring.*



### SPONSOR A COMMUNITY WORKSHOP OR PROFESSIONAL DEVELOPMENT TRAINING EVENT!

Are you in charge of the health and wellbeing of your staff and volunteers? Staff resiliency is your number one priority for improving **EMPLOYEE RETENTION, WORKPLACE SAFETY, and MEETING ORGANIZATIONAL GOALS AND OUTCOMES.** We're excited to let you know Vashti's House offers workshops that are guaranteed to give your staff and volunteers the skills they need for a lifetime of better emotional and mental health management. Check out the website for pricing or contact us at [home@vashtishouse.com](mailto:home@vashtishouse.com) for availability.



### ARE YOU A HUMAN SERVICE PROVIDER OR CLINITION? OUR PRODUCTS AND SERVICES ARE FOR YOU.

Vashti spent most of her career as a service provider in corrections, focusing on rehabilitation and treatment for incarcerated individuals. As a trauma survivor herself, her priority has been to create low barrier products and services that will help people make the inner changes they want. **Our internal barriers are often hard enough to keep us from moving forward, don't let the products you use add to that roadblock!** Visit [vashtishouse.com](http://vashtishouse.com) for free resources and learn more about how we can support you and



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 503-400-5678

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