



Harmony Foundation

Recovery in the Rockies®

Annual Report | 2017 - 2018

JIM GECKLER
CEO, Harmony Foundation, Inc



EXECUTIVE OVERVIEW

Over the past 49 years, Harmony has been the foundation for sustained recovery from the disease of addiction for thousands of people.

Our treatment philosophy is built on the important foundation of recovery through 12-Step programs. At Harmony, early recovery is additionally reinforced by the work of our family program, clinical case management, state-of-the-art medical services, and the ever expanding alumni program.

Harmony continues to encourage sustained recovery by becoming more responsive to the mental health issues that often accompany addiction. Under the leadership of our chief clinical officer Dr. Annie Peters, Harmony has built a mental health team that works with clients to address trauma, anxiety, depression, and other mental health issues that frequently drive substance use disorders.

I believe our enhancements in mental health therapy have added to our stellar years of addiction treatment by offering today's clients the opportunity to put their best foot forward in their recovery journey. I invite you to read more about the innovations we have introduced at Harmony over the last year responding to prevalent trauma and how our blend of mental health, addiction treatment, and 12-Step facilitation has emerged as a formula for great success for our clients and their families.



MESSAGE FROM THE BOARD PRESIDENT

Miracles happen at Harmony. I was a Harmony client almost 32 years ago and now I am the president of the board of directors.



PAT NIELSEN
Board President

Many of us grew up in families with alcohol use disorder, and we suffered trauma in one form or another as a result of that adverse childhood experience. What comes to your mind when you hear the word trauma? We often think of trauma as post traumatic stress disorder (PTSD) resulting from a war-related experience or caused by sexual or physical abuse. Harmony is a well-known treatment center for alcohol and drug addiction. So why am I talking about trauma?

Addressing trauma is very important in addiction treatment because studies indicate that 69 percent of patients who report abuse believe that their addiction is directly related to the trauma they have experienced. A large percentage of people with unprocessed trauma turn to alcohol or drugs to cope with their symptoms.

Of all the forms of trauma, childhood abuse tends to cause the most severe long-term complications because it occurs during the most critical stages of psychological development.

For treatment professionals to address addiction issues adequately, they must first understand the trauma that their clients have experienced. When addiction professionals understand that most clients they see have painful trauma histories, and when treatment centers use this awareness to offer a safe and supportive environment, trauma-informed care is provided. When clients experience symptoms of depression, anxiety, PTSD, or other mental health issues along with their addictions, those issues are known as “co-occurring disorders.”

In the past few years, Harmony has expanded its capacity to serve clients with more complicated symptoms by extensively training counselors—and the entire staff—in specific practices related to trauma. For more information on Harmony’s progressive treatment methods, I encourage you to read Dr. Annie Peters’ remarks in this annual report.

WELCOME NEW BOARD MEMBERS



**MARIANN
STANLEY**
LPC, CAC

Mariann Stanley is a licensed professional counselor (LPC) and certified addiction counselor (CAC) with more than 37 years of experience in the behavioral health field with expertise in mental health, addiction, and criminal justice. In addition to her therapeutic work, she has 15 years of upper management experience, directing several residential and outpatient programs.

Mariann has served as a board member for Hope Counseling Center and Island Grove Regional Treatment Center. She is currently an advisory board member for the HOPE Fund in Larimer County, Colorado. As the newest member to the Harmony Board, Mariann will bring her combined clinical and management experience to assist Harmony staff in treating clients and families.

“I am thrilled to be part of the Harmony team. It is a well-established and highly reputable treatment program that delivers quality care to its clients and their families.”



DALYN SCHMITT
LMSW, LCAC

Dalyn Schmitt is the president of Heartland Consultation, INC., and served as CEO of Heartland Regional Alcohol and Drug Assessment Center, INC. She has over 30 years of professional experience in the behavioral health field.

Dalyn is a licensed master social worker and licensed clinical addictions counselor in Kansas. She served as president of Kansas Association of Alcohol and Drug Counselors and taught addiction-related courses at the University of Kansas and Saint Mary’s University. Dalyn’s past professional role provided strategic and visionary leadership, identifying current and future organizational needs. She led an organization that serves individuals living in urban, suburban, and rural areas within a cost effective organizational structure. Under her leadership, telehealth and other innovative technologies were introduced and implemented.

2018 SCHOLARSHIP GALA RAISES \$82,000

On September 22, Harmony Foundation hosted the 49th Alumni Reunion and Gala in Estes Park.

The generous donations received from alumni, families, staff, sponsors, the board of directors, and community members allowed Harmony Foundation to help more patients seeking treatment and their families. We raised approximately \$82,000. These funds will be used to ensure that everyone Harmony touches—regardless of age, income, gender, or background—has an opportunity to recover and thrive.

The night included a delicious dinner catered and served by the Harmony dietary team, a live and silent auction, and a paddle raise. Signature speaker Brendan McDonough—lone survivor of the Yarnell Hill Fire in Arizona in 2013—shared his moving story of strength, hope, and perseverance to overcome the loss of his entire brotherhood of firemen.

In addition, Harmony was honored to have author, singer, and actress MacKenzie Phillips return as emcee. Harmony Foundation is grateful to the continued support of our donors—both public and private. Their investment in recovery is a legacy that transcends generations.



CLINICAL UPDATE

The 2017-2018 fiscal year was a time of significant growth in clinical offerings and services at Harmony.



**ANNA "ANNIE"
PETERS,**
PhD, LP
Chief Clinical Officer

The Residential Evaluation and Detoxification (RED) program was further developed by integrating detox counselors who work individually with RED clients. These counselors also began offering engagement groups to help clients in detox develop enhanced motivation for change.

The Harmony Opioid Programming Experience (HOPE) was implemented, offering services specifically for clients with opioid use disorder, such as an opiate support group and expanded medication-assisted treatment (MAT) options such as buprenorphine and naltrexone/Vivitrol, which can help reduce cravings and the risk of relapse. Harmony continued to expand its capacity to serve individuals with mental health issues co-occurring with addiction, such as depression, anxiety, and trauma.

To help individuals with trauma-related symptoms, seeking safety groups were initiated, and four counselors began their training in eye movement desensitization and reprocessing (EMDR)—both evidence-based practices for PTSD.

Wellness services at Harmony were expanded to include mindfulness education and mindful movement groups (yoga, tai chi, qigong), as well as individualized fitness plans and new athletic equipment. The "Twelve Step Trail" was constructed behind the Harmony campus and has become a spiritual haven for clients exploring their belief systems and 12-Step recovery principles. Harmony clients also participated in animal-assisted therapy with Cooper the therapy dog, and Transitional Care Program (TCP) clients were able to experience equine-assisted therapy.

TCP clients who stayed at Harmony for up to four months also participated in a variety of recovery-related and other fun events in the community such as the Denver PrideFest, as well as volunteering, and recreation at the YMCA of the Rockies. Finally, Harmony clinical case managers received Connecticut Community for Addiction Recovery (CCAR) training to improve their skills in supporting clients as they transition into their new lives of long-term recovery during discharge from Harmony.

DANIELS GRANT AWARD



HARMONY FOUNDATION RECEIVED \$100,000 GRANT IN ITS 50TH YEAR TO ADDRESS COLORADO ADDICTION NEEDS

Harmony Foundation was pleased to receive \$100,000 from the Daniels Foundation to help underwrite new initiatives in long-term recovery services. These comprehensive efforts will serve to improve access to care with an additional location, providing a non-residential level of care, and exploring new aftercare approaches to meet individual needs. Harmony Foundation will provide continuing support to alumni and families by creating more robust recovery services and engagement opportunities for those seeking long-term sustained recovery, including:

- **Opening a new location along the I-25 corridor for expanded aftercare services**
- **Providing telephonic and online recovery coaching**
- **Expanding chapter groups**

SCHOLARSHIPS RAISED AND PROVIDED

We gave out \$199,139 in scholarship funds from July 1, 2017 to June 30, 2018. 73 people received treatment scholarships.

“As a nonprofit we have the ability to put our mission first, a critical advantage in addressing the disease of addiction because we focus on the disease from the patient’s perspective. The Daniels Fund helps us continue that mission in both reach and breadth.”

- Jim Geckler, CEO of Harmony Foundation.

HARMONY OFFERS HOPE TO OPIOID CRISIS

According to the National Institute on Drug Abuse (NIDA) more than 90 people die from opioid overdose in the United States every day. Prescriptions for opioid pain relievers became much more common in the late 1990s. It soon became evident that these medications were more addictive than previously believed. Opioid overdose rates have increased significantly in the years since. Many people who ultimately become addicted to heroin report that they first misused prescription opioids.

In response to the opioid epidemic, feedback from our clients, and the growing body of scientific evidence, Harmony has launched HOPE—the Harmony Opioid Programming Experience. HOPE is offered to all Harmony clients with opioid use disorder. The program involves enhanced medical, counseling, and case management services specifically tailored to meet the particular needs of these clients.

HOPE involves extensive medical and clinical examinations, followed by collaboration between the client, the multidisciplinary care team, and—when appropriate—the family or referral source to determine the appropriate treatment plan. All HOPE clients are invited to participate in weekly opiate support groups led by an addiction professional. This group

provides additional care to individuals in early opioid recovery, who experience prolonged withdrawal syndrome and uncomfortable physical and psychological experiences. The group also provides a venue for patients with opioid use disorder to support each other and learn more about the process of recovery.

Harmony has provided clients with medication-assisted treatment (MAT)—a combination of counseling and medication to treat addiction—as part of our philosophy and program offerings for many years. For qualifying individuals with an opioid use disorder, HOPE involves expanding the use of MAT to include medications such as naltrexone and buprenorphine.

Some HOPE clients may not take any medications beyond the acute withdrawal period. Others will take anti-craving medications, such as naltrexone/Vivitrol® or medications to manage post-acute withdrawal syndrome. Others will be prescribed an individualized daily dose of buprenorphine to reduce cravings and relapse potential. The type of medication used and the length of the medication protocol are determined on a case-by-case basis, collaboratively between the clinical team and the client. The ultimate goal with all treatment protocols is to achieve abstinence from all opioids.

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PEOPLE DIE
FROM OPIOID
OVERDOSE IN THE
UNITED STATES
EVERY DAY.
— National Institute
on Drug Abuse

REFERRAL SPOTLIGHT

Harmony is fortunate to work with passionate providers helping individuals get treatment and take the next steps of their recovery journey.



RICH BOLLINGER
A Sober Lifestyle

We are pleased to feature Rich Bollinger of “A Sober Lifestyle” as our Referral Spotlight. A native of Memphis, TN, Rich’s exposure to alcohol started in sixth grade. His alcohol misuse progressively escalated during his college years. By the time he landed his first professional job with a Dallas accounting firm he knew he had a problem and needed help. After going in and out of treatment for some time, he eventually landed in a Colorado rehab program that worked for him. He engaged in an active recovery community and rebuilt his life. Rich now gives back to others through his active intervention practice, sober transport, and recovery coaching services. He combines his services as a trained “Love in Action” interventionist who helps individuals and families identify the right treatment program with supporting individuals in early recovery as a CCAR-trained recovery coach. To learn more about “A Sober Lifestyle,” visit www.asoberlifestyle.com or contact Rich at 901-734-9663.

ALUMNI SPOTLIGHT

I hadn’t realized how long addiction had plagued my life until I went to Harmony.



DEREK F.
Harmony Alumnus

When I decided to go to treatment, I did so because in the years before, things got progressively worse with my drinking. I tried multiple times to quit on my own with little success. I became more deceitful, withdrawal symptoms were becoming severe, and I was drinking dangerous amounts any time I would relapse. I had become unable to control my behavior and ended up paying the price in many different ways.

When I reached the deepest point of my addiction, I had a moment of clarity and realized that I needed to commit and finally jump in with both feet. I was fed up with letting people down and constantly having to repair bridges. More importantly, I was tired of allowing alcohol to take me away from myself. After being released from a holding cell due to my last relapse, I called my therapist who recommended Harmony.

I feel very fortunate that same clarity allowed me to genuinely look forward to Harmony on that long drive up the hill. I was finally opening up about my addiction and doing something about it. When I arrived, I immediately felt I was where I needed to be. For years I hid my disease and deceived everyone around me. Now, for the first time, I was talking openly about it and connecting with others who faced the same demons. It felt as if I had asthma and finally found a way to breathe clearly.

I am just shy of a year sober now. My life today still isn’t easy. I still have issues with anxiety and there are plenty of temptations I face on a daily basis. The good news is that I know how to take them in stride. I have given my sobriety enough time to realize how much better it is than the alternative. I never have to drink again! That statement is extremely powerful for me. Regardless of how difficult my day gets, I know I will never have to drink again. I live a balanced life that includes Harmony aftercare, time with loved ones, and plenty of self-care. Just last week, I turned 30, started a new career, and proposed to my beautiful girlfriend, all within a few days. I owe these proud accomplishments to my decision to get help, and the people who came into my life at Harmony.

FINANCIAL HEALTH

ASSETS	JUNE 30, 2017	JUNE 30, 2018
CURRENT ASSETS		
Cash and investments	\$1,358,828	\$1,324,129
Accounts and notes receivable	\$783,440	\$1,055,180
Other current assets	\$163,370	\$142,333
Total current assets	\$2,305,638	\$2,521,642
Property and equipment, net of depreciation	\$7,687,124	\$7,324,645
OTHER ASSETS	\$462,367	\$274,043
Total assets	\$10,455,129	\$10,120,330
LIABILITIES AND NET ASSETS		
Current liabilities	\$1,472,064	\$1,265,090
Long-term liabilities	\$4,116,116	\$4,003,837
Net assets	\$4,866,949	\$4,851,403
Total liabilities and net assets	\$10,455,129	\$10,120,330
STATEMENTS OF ACTIVITIES		
REVENUE, GAINS, AND SUPPORT		
Program service fees	\$10,392,397	\$10,780,445
Gains and other revenue	\$61,658	\$68,971
Support and contributions	\$287,447	\$324,465
Total revenue, gains, and support	\$10,741,502	\$11,173,881
FUNCTIONAL EXPENSES AND LOSSES		
Program services	\$8,432,371	\$9,189,458
Support services	\$1,865,160	\$1,997,855
Total functional expenses	\$10,297,531	\$11,187,313
Losses	\$10,206	\$2,113
Total functional expenses and losses	\$10,307,737	\$11,189,426
Change in net assets	\$433,765	(\$15,545)

CABIN RENOVATIONS

Harmony is grateful for the individuals, alumni and alumni families, and community groups committing their support to Harmony's Embrace-a-Cabin campaign.



Renovated cabin bedroom

Our Embrace-a-Cabin campaign provides you with an opportunity to adopt one of Harmony's 28 client cabins.

Your support provides the resources for the materials and labor to create a warm and welcoming housing environment.

INTERIOR RENOVATION | \$1500

Sponsoring the inside of a cabin pays for repainting one room, installing new fixtures, and replacing the bedding.

EXTERIOR RENOVATION | \$2000

Renovating the exterior of a cabin will cover repainting the outside, replacing the storm door, landscaping with raised flower beds, refurbishing the trim as needed, and purchasing new outdoor chairs.

THREE-QUARTERS CABIN RENOVATION | \$3500

A three-quarters cabin sponsorship includes refurbishing the exterior plus one interior room.

WHOLE CABIN RENOVATION | \$5000

Embracing a full cabin renews both the interior and exterior. To ensure the upkeep of your cabin, we have put in place a preventative maintenance plan that will keep these buildings beautiful for years to come. With your support, these cabins will help us serve hundreds of clients annually.

TO MAKE A DONATION, CONTACT ALICE BURKHOLDER AT (970) 577-3150 OR ABURKHOLDER@HARMONYFOUNDATIONINC.COM



GENE AND CATHY NELSON

WHY THE NELSONS SUPPORT THE HARMONY FOUNDATION MISSION

Gene and Cathy Nelson give a significant, recurring contribution to the Harmony Scholarship Fund. The Nelsons’ gift will continue to provide access to our foundational recovery program and the possibility of helping others on the path to a happy, joyous, and free life. We can’t thank our donors enough for their generosity, foresight, and commitment.

We visited Gene and Cathy at home on their working ranch to listen to their experience, strength, and hope.

Gene was born and raised on his family’s ranch. He had loving parents and a normal childhood. Gene and Cathy met in college, married, and had two children together. Gene recalled drinking a little in high school and a little more in college. Nine years ago, after the tragic and traumatic death of his only daughter, “depression set in,” Gene recalled, “and alcohol was the way I numbed it.”

Cathy remembered Gene’s depression and constant drinking leading her son and their friends to ask what she was “going to do” with Gene. “He was just drinking 24/7 and we could see him literally dying in front of us,” she said.

Gene’s daughter-in-law knew about Harmony from a past client. She called for input and after several calls with a few other options, the Nelson family decided that Harmony was the best fit for Gene. They invited a few friends over for an intervention. The day before the gathering, Gene heard Cathy on the phone with admissions at Harmony and asked her when he was going to be “shipped off.”

Gene asked Cathy to call Harmony again but she replied, “No, you have to call them.”

Gene made the call and left home to go to Harmony that same day. He told us he observed the counselors giving clients symbolic tasks and wondered what his was going to be. He saw someone carrying an egg to represent caring for the family and another client who had been given a sack of rocks to throw in the river one by one.

The counselor told Gene, “You’ve got one task: write a letter to your daughter.”

“That was probably the biggest wake-up call I ever had because I blamed myself for losing my daughter, and I found out there was nothing I could have done,” Gene remembered. “I probably would have made a bad situation worse if I’d have done something. But going through writing that letter to her—that’s what I needed. I just had to write that one letter. I had the utmost respect for my counselor after that because he got to the root of my problem, found what was wrong with me, that I was blaming myself. That turned my life around. When I left, I had lost my desire to drink. Never in my life did I believe that could happen. You get the tools you need to stay sober, but you have to use them. I’m probably no

more religious than I ever was, but I’m a lot more spiritual because I can look through a different set of eyes now.”

Cathy attended a family weekend at Harmony, “It was fantastic. It helped me understand the disease more... understand certain things, too... to be able to step back and let him take his time to recover and we saw a grief counselor.”

Gene and Cathy were motivated with new knowledge and realized that they could help other people without access to funds for recovery. Gene explained his choice to help, “I had a shot at it because I could afford it. I would like them to have the same thing. At times it almost broke my heart when some of those kids had to leave when they didn’t want to. It was the safest place they’d been to for a long time. Maybe another week would have turned them around. We go through the steps in the program about going out and helping other alcoholics many of which don’t have an opportunity because they don’t have a place to turn to. They just get lost in the shuffle and get lost in society. It’s just not right, everybody needs to at least have a chance. Whether they take it or not is up to them, but we should give them a chance.”

“HE WAS JUST DRINKING 24/7 AND WE COULD SEE HIM LITERALLY DYING IN FRONT OF US.”
– Cathy Nelson



SAYING THANKS

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HAVE CONTRIBUTED
TO OUR MISSION OF
CHANGING LIVES OVER
THE LAST YEAR.

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HARMONY FOUNDATION
1600 FISH HATCHERY ROAD
ESTES PARK, CO 80517
866.686.7867
INFO@HARMONYFOUNDATIONINC.COM

harmonyfoundationinc.com