

# Have Heart Healing & Wellness

1820 12th ave • Seattle, WA 98122

phone: 206.414.9365 • email: [hello@haveheartseattle.com](mailto:hello@haveheartseattle.com)

[www.haveheartseattle.com](http://www.haveheartseattle.com)



November 15, 2024

To Current and Former Have Heart Clients:

Over the past 9 years, Have Heart Healing & Wellness has provided politicized trauma healing and nutritional counseling to thousands of clients in Washington. All of us have felt the impact of being a human in the world over the last several years, personally and collectively. We at Have Heart have taken pride in our commitment to serving those who have chosen growth and healing amidst the many pressures and conditions we've faced. We know that each of our liberation is intimately tied to our capacity to keep choosing the path of healing and the path of community, the path of moving towards life.

One of the biggest lessons we can learn from following life and aliveness is that change is inevitable and different moments call for different contributions to truly meet what is ahead. Because of these changing conditions, Have Heart leadership no longer has the capacity to move Have Heart's vision forward in its current form. As such, Have Heart will be closing its doors at the end of 2024.

Thank you to so many of you who have trusted Have Heart over the years. We know healing happens in community. Thank you for being ours. It's no small thing to risk our healing, to keep facing what's hard in seemingly impossible circumstances.

If you are a current client, it is our commitment to do everything we can to make sure you feel held in your experience of ending at Have Heart, including a smooth transition to whatever is next for you. Whether you decide to close with your clinician at the end of the year or choose to transition with them to their next workplace, we are putting thought and care into supporting your healing journey. Until the end of December, sessions with your clinician will continue uninterrupted. We promise there will be ample notice and transition time to prepare for any and all future changes to your care.

Medical records will be stored in a HIPAA-compliant digital format for 7 years after your file is closed. Your new provider can officially request documentation by fax at +1(844) 364-8334 or at [www.havehearthealing.com](http://www.havehearthealing.com) until 12/31/2031, after which all records will be permanently deleted.

Have Heart was founded on the principles of politicized somatics in the lineage of [Generative Somatics](#). If you are interested in connecting around politicized somatics that serves social and environmental justice leaders and organizers, you can keep up to date with offerings and events by signing up for B's email list [here](#).

Thank you for allowing us to be a part of your journey. To more of our aliveness and more of liberation getting to be known, felt, and moved toward action.

With Heart,

Have Heart Healing & Wellness Team