

Essential News

Presented by:



***In this newsletter
you can expect:***

*Essential Motivation
Introduction*

*Essential Love and Light
Foundation*

Good news around the world
&
“Whats Good”

Follow us on Social Media!

Resources



Candace Patrice
CEO

EssentialMotivation.com

Welcome!

I warmly welcome you to Essential News, where we aim to share things that are good through information that is healing, informative, and interactive. It is my goal to spread love throughout the world by doing good works myself. I am the first model of Essential Motivation's work, striving each day to live out the principles I share with others.

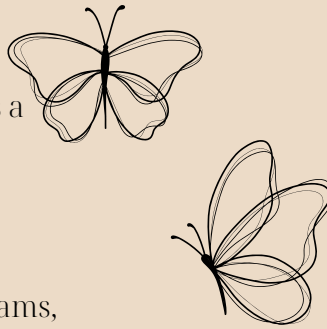
Part of that mission is sharing what is good within our community and supporting others who are doing good work as well. The best part is that all of this information is free, and I will never charge for it. So please share it with someone else so they can benefit too.

It is my hope that you find joy in what is shared here. For me, joy starts with Jesus Christ. That does not have to be your joy. Follow your own path and allow it to lead you to where you are supposed to be.

-Candace Patrice

Introducing Essential Love & Light

Essential Love and Light Foundation is a community-centered nonprofit organization dedicated to promoting healing, emotional wellness, personal growth, and compassionate human connection through educational programs, wellness experiences, community outreach, and faith-inspired empowerment initiatives.



President: Candace Patrice

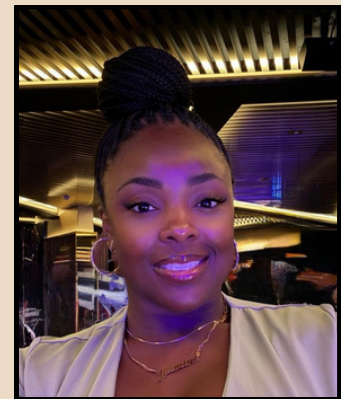
Meet our Team!

**Vice President: Domonique
Coleman**



Hello everyone! I'm Domnique, a proud mom of two and the VP of Essential Love and Light. My work centers around operational support, leadership collaboration, strategic planning, and organizational development, all with the goal of helping others succeed and grow together.

Outside of work, I love getting to know people, sharing good laughs, and experiencing new adventures whenever I can. I'm grateful to be part of such an inspiring community and look forward to connecting with even more amazing people along the journey.



Treasurer: Jasmine Adams

As a licensed financial advisor with 18 years of experience, my deepest passion lies in helping others achieve true stability, because I believe financial wellness is a vital piece of overall healing and peace of mind. Stepping into this role is a profound honor that aligns my professional expertise with my heart for community empowerment. I am driven to provide the strong financial guidance and purposeful stewardship needed to ensure our healing programs, educational initiatives, and faith-inspired outreach can thrive fully. For me, managing our resources isn't just about numbers; it is about building a secure, trusted foundation that allows our mission to uplift individuals and families to grow beautifully. I am incredibly energized to pour my heart and experience into this work, ensuring we have the strength to create lasting compassionate change.



Secretary: Julisa Wright

Hello, my name is Julisa. I am a BSW student and secretary of Essential Love & Light. I have a passion for collaborating with others to provide support to local communities and for mental health. Aside from my professional role, I enjoy crocheting, painting, and gardening.

Good News Around the World



Florida Man Spends Days Searching for Owner of Lost \$30,000 He Found: 'it wasn't mine to take'

From Riviera Beach in Florida comes the story of a man returning \$30,000 to a poor soul who'd misplaced it, saying "it wasn't mine to take."

The story is simple, yet powerful, and a reminder that there are good people all over the country; all over the world.

Helping Children Laugh Can Make Their Brains More Resilient and Learning Easier

Dr. Jacqueline Harding conducted extensive studies into how laughter and play contribute to healthy brain growth, emotional well-being, and social bonding.

The early childhood expert at Middlesex University in northwest London, argues in her new book The Brain That Loves to Laugh says laughter can help children navigate life's challenges and better handle stress.

Elementary students help with Macomb County teacher's proposal

One day at Duncan Elementary School, kindergarten teacher Jolie Huynh was reportedly asked to come outside to tend to a student during recess. It was there that Huynh's boyfriend, Tim Donohue, surprised her with her entire kindergarten class holding signs with a special message: "Marry him Miss Huynh."

The proposal reportedly took two months to plan. In a video captured on the special day, the children can be seen handing flowers to their teacher, saying, "We love you," "We got you roses," and "Can we play now?"

Whats Good



Attachment University

**No Dessert Before Dinner:
A Confidence & Character
Program for Girls**



SUMMER SCHOOL *Group Program*

Participants will learn how to:

- Build confidence in who they are
- Strengthen self-image and self-worth
- Improve how they show up in friendships and relationships



Program Runs:
June 16 – July 9
Farmington Hills, MI



Middle School Participants:
Tuesday & Thursday
10AM – 11:30AM



High School Participants:
Tuesday & Wednesday
12PM – 1:30PM

**Spots are limited
— Register Today**



Contact: Dr. Twine
313-655-8175



Visit Our Website
www.attachmentuniversity.com

Birthday Shoutout!



Birthday shoutout to my mom Janet Hale. She celebrates her birthday June 17th and im so grateful to have her by my side. Thank you for being such a model and example of living in the moment and growing in my authentic self. I love you so much and im so grateful to have a mommy and to have a mommy like you is an overflow from God!



Follow us on Social Media

Click link



Facebook

@essentialmotivationLLC



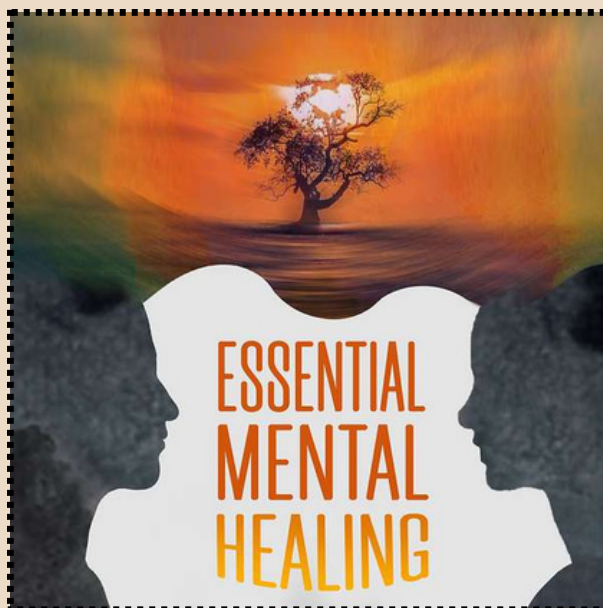
Instagram

@candacepatricemotivates



Podcast

“Essential Mental Healing”



Mental Health Resources

Therapy/Counseling

- *Tuckerville LLC, Online and In-person sessions,
Takes insurance (See Website for details)
35230 E Michigan Ave, Wayne, MI 48184*

Website

313.652.2432

- *Nora Mental Health, Online and In-Person
sessions, Takes Medicaid
17940 Farmington Rd Suite 215, Livonia, MI, 48152*

Website

313.351.2098

