

# Happy Hope Wellness LLC

## Capabilities Statement

Happy Hope Wellness LLC is a woman-owned, veteran-owned small business based in Texas, committed to advancing holistic health, emotional resilience, and creative expression through integrative wellness services. Founded by Jenna Annas, a U.S. Air Force veteran and experienced speech-language pathologist, the company bridges the fields of emotional well-being, creative arts, and sound therapy to offer innovative wellness programming for individuals, families, communities, and workplaces.

Our mission is to provide inclusive and empowering experiences that support emotional healing, personal growth, and collective wellness. We specialize in a range of services that include grief and emotional intelligence coaching, restorative sound meditation sessions, expressive arts workshops, and customized corporate wellness programs. These offerings are grounded in evidence-based practices and delivered with a trauma-informed, culturally sensitive approach. At the core of our philosophy is the belief that creative expression and sound-based practices can help individuals process life's challenges and reconnect with their inner strength and sense of purpose.

As a veteran and wellness educator with a background in communication disorders, Jenna brings a unique combination of structure, compassion, and science-informed practices to every service offered. She draws upon years of experience working in educational settings, alongside her certifications in grief support, emotional logic, and sound healing, to create safe, supportive, and engaging environments for healing and growth. From community events to workplace wellness retreats, Happy Hope Wellness LLC supports a wide range of populations-including children, educators, helping professionals, caregivers, and corporate teams.

Our services are designed to be flexible and accessible, offering both in-person and virtual formats

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to meet the needs of our diverse clients. In the corporate space, we offer sound meditation experiences, educational wellness lectures, monthly wellness packages, and consulting services to support employee well-being, retention, and stress management. In community and nonprofit settings, we facilitate workshops and support groups that incorporate expressive arts, movement, mindfulness, and emotional literacy tools. Each experience is customized to align with the goals of our clients, whether it's restoring energy in the workplace, helping a family navigate grief, or introducing children to emotional regulation through music and creativity.

Happy Hope Wellness LLC is proud to collaborate with schools, nonprofits, funeral homes, healthcare providers, and organizations that are passionate about holistic wellness and mental health advocacy. Our work aligns with national efforts to address burnout, emotional trauma, and mental health through preventive and restorative care.

As a certified service-disabled veteran, woman-owned business, we are actively seeking partnerships, funding, and opportunities to expand our impact through community initiatives, government programs, and corporate wellness collaborations. We are committed to delivering high-quality, mission-driven services that uplift individuals and organizations through creative, conscious, and compassionate care.