

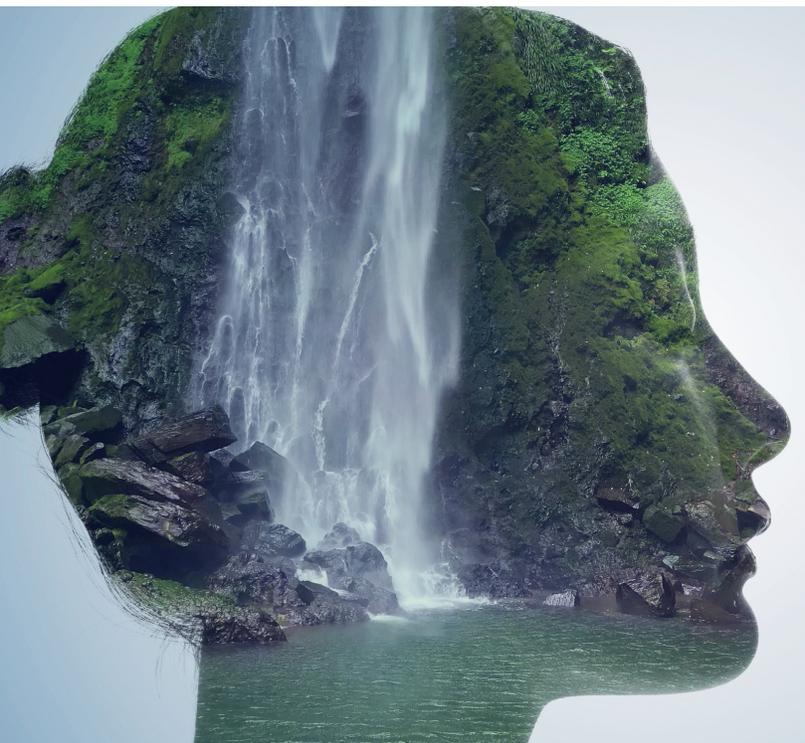
# Healthy Family Formula Services & Programs 2022

## Holistic Family Health Consulting

Your current health struggles of you or your loved ones are not & should not be a life sentence. Work with the support & guidance of our professionally trained, compassionate coaches to uncover root causes & to devise & execute a solid course of action that is comprehensive, yet sustainable, & involves a truly holistic healing strategy based on functional medicine, lifestyle medicine, & holistic practices & principles.

### Packages Include:

Full Client Intake & Customized Healing Plan  
90-Minute Implementation Session  
Continuing with single sessions until you've reached your health goals.



## Stress Reduction/Empowerment Coaching

Overwhelm, anxiety, depression, discontent, high stress, trauma, addictions, & chronic physical health conditions have become modern-day plagues.

Carla's one-on-one balancing, calming, empowering sessions are designed & tailored to teach both the "what" and the "how" of health recovery to people of any age who want to overcome mental, physical, & emotional struggle. Become more resilient, more centred, a more present caregiver, boss, or partner. Suffer less fear, stress, & illness & enjoy more presence, joy, & vitality. Become the Peaceful Warrior.

Book a Session or Schedule a 15-minute Meet and Greet with Carla if you would like more information before booking:

<https://go.oncehub.com/CarlaAtherton>



# Healthy Family Formula Services & Programs 2022

## Healthy Mama, Healthy Baby

We are so pleased to introduce what we consider to be the wellspring of information for every person who wants to start their children off with the best chance possible at health. We know that chronic illness can be reversed, we know that healing is possible, but why not make the struggle a little bit easier by gaining the proper information & abundant support from the beginning? Prepare your body & mind for the journey of motherhood while you learn about preconception, healthy development, birth & labour, & post-natal care. Join our curious, proactive group for 2 days of empowered learning & connection led by experienced holistic coaches who are also mothers and grandmothers.



## Aging with Vitality

In today's modern society, we have come to accept that aging involves a decline in our cognitive & physical health, becoming reliant on pharmaceuticals to extend our lives, to cover up a long laundry list of ailments, pain, degeneration, & decline. We at the HFF know that this is NOT what healthy aging is, that we can experience much better. Designed for anyone of any age, but specifically for people interested in being proactive in their future health or interested in turning back the clock to a better state of health and vitality, this 10-week program will empower you to enjoy a life of extended wellness.

Book a Session or Schedule a 15-minute Meet and Greet with Carla if you would like more information before booking:

<https://go.oncehub.com/CarlaAtherton>



# Healthy Family Formula Services & Programs 2022

## Mental Health, Your Child, & Fundamentals for Healing

We have an immense wave of anxiety, depression, isolation, suicide, & general feelings of discontent & stress sweeping over our youth. And it is not ok. How do we help our children? And how do we find support for them & for us? In one powerful day together, Carla provides insight into possible causes of your child or teen's mental & emotional discontent & covers a wide variety of solutions & practices that can help your children to overcome mental & emotional health diagnoses & challenges such as: Depression, Anxiety, ADHD, OCD, Learning Problems, & Physical Health Problems.



## Addictions, Your Family, & Fundamentals for Healing

We're currently immersed in a culture of addiction. Addictive behaviour isn't only ignored but oftentimes encouraged through the ways we live in our modern society: overuse of technology, skipping the process to the end result, favouring the fast & convenient, games & practices encouraging gambling & winning rather than earning, perseverance, & patience. The medicalization of our health has convinced us there's a pill for every ill, but as we know, there isn't. These beliefs can cause a legacy of suffering & discontent. Learn how to break your family loose in one empowering day together.



Book a Session or Schedule a 15-minute Meet and Greet with Carla if you would like more information before booking:

<https://go.oncehub.com/CarlaAtherton>



# Healthy Family Formula Services & Programs 2022

## Type 1 Diabetes, Your Child, & Fundamentals for Healing

At the time of my own daughter's diagnosis, not many were teaching parents anything about diabetes except carbs in & carbs out, no causes or possibilities, & most people only told us what we couldn't do, rather than what we could do. This advice was wrong & based on their limitations, not mine, & certainly not my daughter's. The current situation remains the same. No quality information, & certainly no solutions. During this info-packed session, you will be walked through the causes & details of Type 1 Diabetes, the fundamentals required for healing, & the answers you need to move toward healing for the whole family.



## PANDAS/PANS/AE, Your Child, & Fundamentals for Healing

It's exceedingly difficult to find medical professionals who are knowledgeable about PANDAS/PANS/AE, misdiagnosis is exceedingly common, & parents are often unable to find understanding & support in friends, family, & professionals who do not understand the condition. Flaring is common if the underlying causes have not been properly addressed & if a holistic approach has not been employed. During this powerful one-day session, we will introduce this devastating condition & give you the holistic framework necessary for your child or teen to heal.



Book a Session or Schedule a 15-minute Meet and Greet with Carla if you would like more information before booking:

<https://go.oncehub.com/CarlaAtherton>



# Healthy Family Formula Services & Programs 2022

## Youth Mental Wellness Program

We have an immense wave of anxiety, depression, isolation, suicide, & general feelings of discontent & stress sweeping over our youth. And it's not ok. Our response to this problem is a live 8-week group program where Coach Carla provides insight into possible causes of mental & emotional discontent & works the group through a wide variety of solutions & practices where participants gain the support & information necessary to take back control over their own mental & physical health. Youth who attend learn & experience stress-reducing & inspiring practices & techniques to cultivate calm & ignite purpose & power with a community of other youth.



## The Hero's Journey Youth Writing Experience

Using the concept of the hero's journey as both the starting point & the anchor for this 8-week workshop, we will explore storytelling & poetry as connection with others, self-expression, & making sense of our experiences & the world we live in.

- Learn writing mechanics and crafting
- Find connection & support; Heal trauma
- Find voice & be heard
- Turn pain into poetry & strife into wisdom
- Realize your inner power
- Become more grounded & present
- Provide a creative outlet
- Reduce stress & find inspiration
- Identify your many Hero's Journeys

Book a Session or Schedule a 15-minute Meet and Greet with Carla if you would like more information before booking:

<https://go.oncehub.com/CarlaAtherton>



# Healthy Family Formula Services & Programs 2022

## Take Back Your Health and Power

In this 8-week program, you will learn all about what causes the patterns of stress that keep us stuck in emotional & physical distress. We will also address all aspects of good health and self-care from diet to exercise, from sleep to purpose. The program will move you from learning how to become more calm to more energized to finally transformed, & when to employ each of those skills whenever you need them on a daily basis. Coach Carla will teach you techniques from breathwork to meditation to energy medicine that empower you to interrupt under-serving patterns & also to create new ones. You will leave each weekly session feeling calm, nurtured, & ultimately empowered, with a new community of others like you who you can reconnect with beyond our time together.

Release yourself from overwhelm, stress, and reacting to life. Learn how to move out of survival mode so that you can respond to life and to handle what comes with grace, health, & vitality. A life that you deserve to live.



## Take Back Your Health and Power: 8 Weeks of Healing Sessions

After the initial program, join us for an extension of the 8-Week program where we more deeply work through a variety of the modalities introduced in the 8-Week Program as a group in order to put your practice into action.

Book a Session or Schedule a 15-minute Meet and Greet with Carla if you would like more information before booking:

<https://go.oncehub.com/CarlaAtherton>



# Healthy Family Formula Services & Programs 2022

## Mountains Rise from Earthquakes

Using the concept of the hero's journey as both the starting point & the anchor for this 8-week workshop, we will explore storytelling & poetry as connection & a means of healing for adults who have experienced all manner disease in their life journeys.

Learn writing mechanics and crafting

Find connection & support; Heal trauma

Find voice & be heard

Turn pain into poetry & strife into wisdom

Realize your inner power

Become more grounded & present

Provide a creative outlet

Reduce stress & find inspiration

Identify your many Hero's Journeys



## 7 Days to a Healing Plan for Your Child 7-Module Recorded Program

Maybe you can't afford one-on-one coaching or a functional medicine doctor, maybe you can't access such professionals, or maybe you want to learn how to do this on your own. Maybe your child has allergies, mood problems, skin issues, chronic infection, or general malaise, or even autism, autoimmunity, PANDAS, or cancer. Regardless of the severity of your child's health challenges, your individual and unique financial or family situation, & your level of knowledge regarding the body, health, & disease, this program is designed to empower any & all parents to coach their families into health. Because whether we own this or not, we are at the helm of the ship when it comes to the health of our children AND we have the power to make significant strides toward their healing. So, first, during this program, learn the basics through a series of 7 emails that will land in your inbox, one per day. Then, make your own individualized healing plan for your child that you can act upon.



Book a Session or Schedule a 15-minute Meet and Greet with Carla if you would like more information before booking:

<https://go.oncehub.com/CarlaAtherton>

