



the
kindheart
center

the kindheart center

drugs &
alcohol...

family
pain...

violence
& war...

Dear Friend,

the kindheart center is a dream of a place to help the young and old, and everyone in between, feel good about themselves and others.

It is a place to encourage people to be the best they can be, to be kind, and to help others and nature.

Let's stay open to the creative spirit...

Please let me know any thoughts this proposal brings to mind or inspires.

Warmly,
Sandy Hinden

school
pressure...

relationships
& career...

money
concerns...

the kindheart center

to help
children, teens,
adults and elders
feel they are wanted,
appreciated and loved



**“Try to be
a rainbow in
someone's cloud.”**

~ Maya Angelou

**“No act of kindness,
no matter how small,
is ever wasted.”**

~ Aesop



**“I've learned
that people will forget
what you said, people will forget
what you did, but people will never forget
how you made them feel.”**

~ Maya Angelou

**“Kindness is
the language which
the deaf can hear and
the blind can see.”**

~ Mark Twain

kindheart encouragers

- **Joanie Lafemina**
- **Jo-Ann Hertzman**
- **Joyce Schneider**
- **Mary Donohue**
- **Mary & Sal St. George**
- **Sandy Hinden**

Sanford Hinden is a personal growth and relationships coach, and a facilitator of educational programs in schools and libraries, helping individuals, couples, families and organizations realize their full-potential.

He served in United Nations Non-Governmental Organizations for 23 years and as Executive Director for the Dix Hills Performing Arts Center for 12 years.

He is author of *7 Keys to Love ~ Opening Love's Door to Joy & Well-being* and was given an *Outstanding Advocate for the Arts Award* by the Long Island Arts Council.

Sandy graduated with a BA in Psychology with honors, Queens College, City University of New York with a second major in Interpersonal Relations and Group Facilitation.

With a background in education, health and human services, the arts, the environment, peace-building, government and business, Sandy is a consultant for organizations, businesses and not-for-profits, locally and internationally.



the
kindheart
center