

Four things, in the order we need them.

1. A room with space to move

Weekday evenings or weekend hours. Matted is ideal, safe and clear is enough. This is the constraint that decides how many children we can serve, and it is the one money solves slowest.

2. Hands at sessions

Setup, family welcome, the front desk, and events. No martial arts experience required. Reliability matters more than expertise.

3. Professional eyes

Clinicians who will advise on measurement design. Educators who know how a district actually says yes. These are hours, not commitments.

4. Craft

Photographers and writers who can tell this story honestly, and grant writers who can turn what is true into what is fundable.

HOST

HELP

ADVISE

TELL

We would rather tell you honestly that something is not needed yet than take your time and waste it.

Tell us what you have, not what you think we want.

1 Tell us what you have

Time, a room, a skill, or a person you could introduce us to.

2 Talk with the team

What is genuinely useful right now, and what is not yet. We will tell you if the answer is not yet.

3 Start small

One session, one room, one introduction. Nobody commits to a year on day one.

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CALL **425.931.2582**

WEB trueth.group

Everyone who works with children completes safeguarding first

Without exception, and before a first session, not after. If that is a barrier, there is plenty of useful work that does not involve contact with children.



SCAN TO VOLUNTEER

TRUETH Foundation
Woodinville, Washington 98072
501(c)(3) · EIN 39-2576788



TRUETH FOR VOLUNTEERS AND IN-KIND PARTNERS

Some of what we need cannot be bought.

A safe matted room on a Tuesday evening. Someone who greets families at the door. A clinician who will read a measurement plan. An hour of a grant writer's attention. TRUETH is small on purpose and grows through people who show up.



Original TRUETH movement illustration, digitally generated. Not a photograph and not a likeness of any person.

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TRUETH complements professional care. It does not diagnose, treat, or replace medical, psychological or educational services.

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GIVE TIME

Show up, reliably, in a small way.

At sessions

Setup and reset, welcoming families at the door, helping a child who arrived overwhelmed find the quiet corner, and the hundred small things that make a room feel safe. Volunteers working with children complete our safeguarding requirements first, without exception.

At events

Warrior Ceremonies, community days, and open sessions. These are the days families remember, and they need more hands than a small team has.

Behind the scenes

Data entry, print runs, packing scholarship uniforms, following up with a family who went quiet. None of this requires being near a child, and all of it is real work that is currently not getting done.

Through your employer

If your company uses Benevity, TRUETH is searchable there. You can log volunteer hours and, at many employers, have them matched.

What we ask

Consistency over intensity. A volunteer who comes once a month for a year is worth more to a child than one who comes every day for three weeks.

GIVE A ROOM

In kind space can be worth more than cash.

WHAT MAKES A ROOM WORK

- Enough clear floor for ten to seventeen children to move without collision.
- A surface that is safe to fall on, or space to lay mats.
- Predictable access on a fixed weekly schedule. Predictability is not a convenience here, it is part of the method.
- Somewhere a parent can sit and watch.
- A quiet corner or adjacent space for a child who needs to step out.

Who usually has one

Community centres, faith and cultural spaces, gyms and dance studios with dark evening hours, school gymnasiums and multipurpose rooms, employers with a fitness room nobody uses after six.

What TRUETH brings

Trained delivery, our own mats where needed, safeguarding, insurance documentation, our own setup and reset, and a written agreement covering schedule, access, damage and exit.

You are not committing to forever.

A term is eight weeks. Try one, then decide.

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GIVE A SKILL

The specific things we are short of.

A clinician

Read the measurement plan before a pilot starts and tell us where it is weak. Advise on which validated instruments fit a group setting.

An educator

Explain how a school actually approves an outside program, and who has to say yes before anyone else can.

A photographer

Document sessions within our consent rules. Every image needs per-asset consent, and no child's face ships without it.

A writer

Help write up the applied practice into something citable. This is currently the single biggest hole in what TRUETH can show.

A grant writer

Turn what is true into what is fundable, for federal, state and foundation applications.

A connector

One introduction to a clinic, a district, a service club or a foundation officer who takes your call.

The honest part

TRUETH has a defined method, three decades of applied practice, and family observation that was gathered informally. It does not have published results. Several of the skills above exist to change that, which is why they are asked for by name rather than as a general call for help.

Start with one session, one room, or one introduction.