

Capability Statement



CORE COMPETENCIES

A Lite 4 Life specializes in trauma-informed care providing training in trauma-informed approach and key assumptions and principles for navigating through the complexities and identifying healing and coping strategies for overcoming trauma. A Lite 4 Life also specializes in marriage enrichment, strength and growth practices to foster resilient couples' relationships. Additionally, this company provides speaking engagements on Suicide Prevention and Education.

- Suicide Prevention and Education
- Trauma Therapy
- Adverse Childhood Experiences (ACEs) Workshops
- Marriage and Relationship Therapy
- Authored: Adverse Childhood Experiences ACEs Workbook: A Practical Guide to Navigating Through the Complexities and Overcoming the Pain of Past and Present Trauma – It's Not Your Fault

PAST PERFORMANCE

- **Prince William – Manassas Regional Adult Detention Center, 9320 Lee Avenue, Manassas, Virginia 20110 (703) 792 - 6420 2022 – Present.** Received sponsorship fee of \$200. ACEs Training and ACEs test to help identify childhood trauma, discover the different types of trauma, identify core symptoms, triggers, healing and coping strategies for trauma.
- **A Lite 4 Life – Country Inn & Suites by Radisson, Fredericksburg South (I-95), VA, November 18, 2023** - Hosted A Journey to Wellness (ACEs Workshop) – Hope Healing and Good Health. Received \$990
- **Black Mental Health Alliance, 900 East Fayette Street, #22111, Baltimore, Maryland 21203 (410) 338-2642 – May 2022** Received \$200 Honorarium. ACEs Training and ACEs test to identify childhood trauma, discover the different types of trauma, identify core symptoms, triggers, healing and coping strategies for trauma.

References

- Susan Ball, Director, UMW Small Business Development Center, Fredericksburg, Virginia 22401 (540) 654-1383
- Sgt. Kristine McDonald, Prince William – Manassas Regional Adult Detention Center, Manassas, Virginia (703) 792-6420
- Roxana Feenster, Executive Assistant, Black Mental Health Alliance, Baltimore, Maryland, 21203 (443) 314-5188

DIFFERENTIATORS

- Survivor of Childhood Trauma
- Youth and Adult First Aid Instructor
- Certified Prepare and Enrich Facilitator
- Certified Trauma Informed Care
- Licensed Minister
- Licensed Marriage Commissioner
- Notary Public
- Inspirational Speaker
- Suicide Prevention and Education

COMPANY DATA

www.alite4life.com

- SWaM certified, #825174
- NIGP codes: 91800, 92418, 92440, 92441, 92442, 92464, 92478, 95200, 95221
- UEI: H8H9M59G43C5
- CAGE Code: 9KVD6
- NAICS codes: 624190, 611710, 813110, 624110, 621330

