



THANK YOU
— L I F E —

2025

Impact Report



A New Chapter

of shared leadership

In 2025, we announced a new chapter in our leadership: Meredith Thomas and Samantha Retrosi have stepped into the roles of Co-Executive Directors, marking a significant shift in how we embody our mission.

Co-leadership mirrors our intention to create an organizational culture that is grounded in the principle of right relationship.

Meredith shares:

"We knew we didn't want to replicate the same structures and dynamics of traditional organizations. We wanted to think psychedelically: expansively and courageously, not within the limited shapes that organizations so often take.

We wanted our organization to not only carry a mission of healing, but to become a place of growth, learning, and actualization for everyone within it. We are lucky to work alongside such a stellar team, and we look forward to doing our part to empower a collective of co-leaders, where every team member can flourish."



Meredith Thomas
Co-Executive Director

We see this transition as a transformative opportunity. It reflects our belief that healing, both individual and collective, begins with how we live and lead, together.

As Samantha explains:

"In a field like psychedelic healing, where pattern-breaking is integral to consciousness expansion, co-leadership is both a guiding principle and a method of social healing. It means honoring lived experience, cultivating mutual respect, and building the future through reciprocal empowerment.

Leadership should not be a concentration of power, but a circulation of trust. What excites me most about this next chapter is cultivating an environment where all of us (staff, providers, supporters, and the communities we serve) are invited into meaningful participation, shared responsibility, and collective visioning."



Samantha Retrosi, PhD
Co-Executive Director

A Letter

from our leadership

Dear Thank You Life Community,

With deep gratitude, we want to take a moment to thank each and every one of you for the partnership we are honored to share with you.

Your commitment to bringing psychedelic healing into spaces where it might not otherwise reach is at the very heart of Thank You Life's mission. Each of you carries this work with integrity, care, and courage, and we are continually moved by the devotion you bring to your communities and to the people you serve. Simply put, this work would not be possible without you.

As we step into our next chapter of service at Thank You Life, we feel profoundly excited about the work ahead. This path is one we have consciously chosen to walk together, rooted in partnership, collaboration, and shared responsibility, and it is reflected in our commitment to co-leadership: a core belief that healing work, like leadership itself, is strongest when it is relational, distributed, and grounded in trust.

Community & Care is a core value at Thank You Life. We see community building not as an add-on, but as essential infrastructure for a healthy and resilient ecosystem of care. In the coming year, we warmly invite you into even deeper participation through dialogue, collaboration, and continued engagement. We always love hearing from our valued mission carriers and welcome your insights, wisdom, and feedback as we grow together.

We are ready to roll up our sleeves and do the work ahead with humility, dedication, and openness. Together, we continue moving toward a world where healing and consciousness expansion are not a privilege for a few, but a real possibility for all.

With great appreciation,

Meredith & Samantha

Our Year At A Glance

the numbers for our 3rd full year



63

beneficiaries

SUPPORTED

210 TOTAL

since 2023

70

new providers

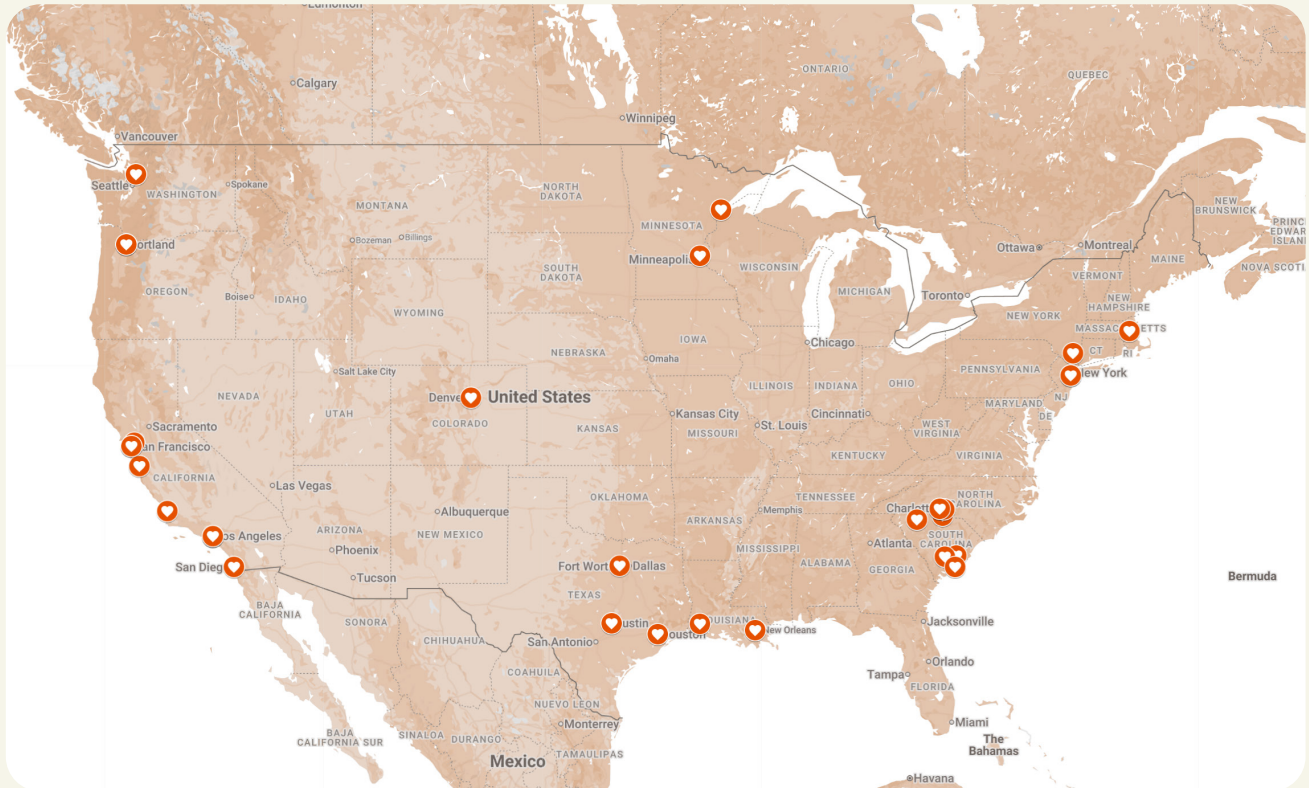
ADDED TO NETWORK

180 TOTAL



Our 2025 Beneficiaries

where they're located



Note about the map:

This is not a 1-to-1 representation of all of our 2025 beneficiaries. This map shows one heart for each unique city, meaning that if two or more beneficiaries live in the same city, there will only be one heart on the map. For example, through our collaborative initiative with New Earth and Integrate, we supported 10 beneficiaries in Los Angeles, but this only appears as one single heart on the map.



Our 2025 Beneficiaries

stories of those you've supported this year
(words from before their psychedelic-assisted care)



I have been a social worker for twenty years and for the last few years have worked in pediatric oncology. I have struggled with depression and anxiety for over 30 years and have tried numerous medications years of therapy. All of my income goes to monthly living expenses, weekly therapy, psychiatry appointments, and food. I have tried ketamine and I have hope for it. But unfortunately, it is not covered by health insurance and the cost for each session is \$550-\$600. I consider ketamine a life saving medication. I would greatly appreciate financial assistance.



Suicidally depressed, daily panic attacks, unable to leave my apartment at all most days. No friends within 200 miles. I have had myself voluntarily hospitalized twice in the last 10 months without benefit. I have \$183,000 in student loans and can't hold a job.



I'm receiving full disability due to injuries and PTSD suffered from 9/11 exposure.



I have been battling depression, OCD, and an eating disorder for almost a decade. I've spent thousands on medical expenses and I've been unable to work full time for over 3 years due to time in treatment. I need extra support to progress in my recovery and be able to resume full time work.



I am a disabled 61 year old with complex PTSD. I was severely abused as a child. I am clear that this work will help me find the tools within myself to integrate and process properly the traumas I have experienced as well as the various aspects of myself to heal and recover.



I am seeking support due to my recent injury. I was shot by a negligent discharge in November of 2024. Since then my recovery has been difficult. I was also diagnosed with CRPS type 2 and have been dealing with constant pain and flare ups. I have been in and out of work due to medical appointments and my paychecks have not been the same. I normally work alot of overtime to make ends meet but have been unable to since the injury.



We have three special needs kids. This has been an ongoing expense for 18 years. They each see specialists and therapists in addition to their regular doctors. I need significant mental health support for my anxiety and depression, but we do not have much money left beyond living expenses.

Our Programming

how we serve our mission

Our mission at Thank You Life is to eliminate the financial barriers to psychedelic-assisted care. We do this by providing financial assistance to those who cannot afford it and by supporting a network of top quality care providers and healing centers.

Our beneficiaries participate in individual 1:1 sessions with a care provider, group sessions with several facilitators, or group retreat ceremonies.



EMPHASIS ON PREP + INTEGRATION

While our care providers and healing centers utilize a diverse range of approaches, medicines, and modalities, one commonality across the board is the emphasis placed on preparation and integration. Each provider and center in our network makes sure each person receives thorough preparation before the medicine sessions, as well as integration in the days, weeks, and months following the sessions. This significantly reduces harm and maximizes healing outcomes.

The Results in 2025

de-identified, aggregated data

In order to contribute to the ongoing body of clinical research around psychedelic therapy, we ask each Thank You Life beneficiary to fill out symptom assessments with their care provider before and after their treatment series. This helps ensure that our beneficiaries are receiving excellent care, continues to validate psychedelic therapy as a groundbreaking therapeutic approach, and helps us tell a larger story about the effectiveness of psychedelic therapy for populations that are prone to high levels of trauma.

So far, with the de-identified data that we've collected, we have found some pretty remarkable results. After aggregating all of the scores, and taking the averages across the board, this is what we saw in 2025:

ANXIETY	DEPRESSION	PTSD
55% IMPROVEMENT	54% IMPROVEMENT	56% IMPROVEMENT
GAD-7 (scored 0-21)	PHQ-9 (scored 0-27)	PCL-5 (scored 0-80) > 31 indicates PTSD diagnosis
Average Pre- Score: 11.6 (Moderate)	Average Pre- Score: 11.5 (Moderate)	Average Pre- Score: 38.6 (PTSD diagnosis)
Average Post- Score: 7.6 (Mild)	Average Post- Score: 4.9 (Mild)	Average Post- Score: 16.9 (no PTSD diagnosis)
Average Change: -6.8 (58% Reduction)	Average Change: -6.6 (54% Reduction)	Average Change: -21.7 (56% Reduction)

2025 Group KAP

Ketamine-Assisted Psychotherapy

Healing in Community

Healing does not happen in isolation. While 1-on-1 individual KAP and therapy can be life-changing for many, we also see great value in facilitating group medicine experiences, particularly for certain communities who tend to feel isolated from others. The group itself provides much needed medicine for participants, allowing them the chance to be seen and witnessed by others, and the opportunity to connect with others on their own healing journeys.

Additionally, the group model is more cost-effective, helping us spread our funds as far as possible and impact more people in need. We are so grateful to share a bit about the Group KAP cohorts we funded in 2025.

✧ **Life Force Therapy:**

Couples Retreat

✧ **Healing Our Heroes:**

Veteran Retreat



The Community Care Clinic

Thank You Life has teamed up with Los Angeles based nonprofit, New Earth, and Ketamine-Assisted Psychotherapy (KAP) provider Wilhelmina De Castro to create The Community Care Clinic.

This is a KAP clinic held within New Earth's campus, so the young adults going through ketamine-assisted psychotherapy have the best possible support.

Highlights



Free or low-cost psychedelic-assisted psychotherapy for system impacted young adults and their families.



Community-rooted guides, therapists, and leaders.



Tangible progress toward mental health equity.



Replicable model for community-based care.



Field Leadership & Knowledge Sharing



We debuted the Community Care Clinic and its collaborative model at a panel during Psychedelic Science 2025, positioning it as a first-of-its-kind approach to community-based care. The session generated an overwhelmingly positive response from attendees, many of whom engaged our speakers afterward to express support and share that the model is actively inspiring similar efforts in their own communities.

This response underscores the clinic's potential not only to serve those directly impacted, but to influence how care is designed and delivered nationwide.

Panel

Healing Together: Ketamine-Assisted Psychotherapy in a Community-Centered Model



Thursday, June 19th 10:30am-11:00am | Therapy Stage Four Seasons 2



Meredith Thomas

Tyler Pitts

Veronica Ortiz

Wilhelmina De Castro

Yana Grammer

Click here to watch the recording of the panel



Testimonials



from a few of our beneficiaries



Pharaoh

I had a partner who was deeply abusive emotionally, verbally, and financially. I separated from both the partner and the institution we were both working for. It transformed my friend circles, it transformed my vocation. It was a loss of the home and life I thought I was building. It took me 15 years to get to this point in my career, so I didn't know what to do next.

A friend recommended ketamine-assisted therapy with Transcendelic Retreats, but I couldn't afford it. I was in a hard position financially after that relationship, so the cost barrier was something I couldn't get past. Receiving the scholarship from Thank You Life made this a once-in-a-lifetime experience for me, and I'm so grateful.

The retreat was intense and took me on a graphic funeral of my past choices and patterns and people. That experience was very meaningful to me, and I came out of it feeling like I had put some things to rest, and that I finally properly grieved. The ketamine retreat really helped me synthesize everything which would probably have taken years on my own. I've been able to take action and do the things that need doing in order to build the life I want to live.

I stayed in touch with some people from the retreat, and everyone is different after the retreat in positive ways. No one is unchanged from it, and everyone seems to have really benefited.

This has been a tremendous experience in my life, and I'm very grateful for it. I've been really moved by the accessibility work that Thank You Life is doing. It's a beautiful thing.

Testimonials



from a few of our beneficiaries

I feel like psychedelic assisted therapy has truly changed my life. My anxiety and/or panic attack symptoms have just vanished since my treatment. I can't explain it, all I can say is that I have had not even a hint of anxiety.

My outlook on my future has also completely changed. I see life more like an experience with endless possibilities this is a view I never really had before treatment. I no longer look at life as a negative instead I look at it as an experience that I should always look for the bright side. No more doom and gloom.

I haven't had a reoccurring dream since the treatment and I no longer feel that my life is doomed for negativity. It's been such a monumental shift in my outlook that people close to me are still not completely convinced it will last. But I can honestly sit and say this isn't something that can just go back.. I can't explain it everything just shifted. My entire outlook.

I no longer see life as just waking up and waiting for my old thoughts and ways or traumas to occupy my mind. Now I realize there is so much more and my treatment showed me that the future is endless possibilities waiting. Overall this experience has truly changed they way I view life.

I wouldn't have been able to do this treatment without the assistance given to me and for that I am truly grateful to the incredible people at Thank You Life and Nushama for all of their incredible help and generosity.

This experience has truly helped me change the trajectory of my life.

Ketamine-Assisted Psychotherapy (KAP) has been a helpful tool in processing grief, trauma, and shame. Before starting KAP therapy I struggled with some negative beliefs towards myself from a specific event that took place in my life where I lost a loved one tragically, and with KAP therapy I have been able to show myself some forgiveness and lean more into my spirituality. This treatment really changed my life for the better.

The KAP treatments would not have been possible for me and my current financial situation without the help of this scholarship. I am eternally grateful for the opportunity to use this modality of treatment and can't thank you enough for making this possible for me.

Testimonials



from a few of our beneficiaries

Beyond a profound loss I experienced early in life, I've recently lost two beloved siblings to cancer. This has been one of the most challenging periods of my adult life. Navigating this level of grief would have felt nearly impossible without the psychedelic-assisted therapy I've received through the benefit of Thank You Life.

With the support of Arise Wellness, this work has opened a path I could not have accessed on my own. In talk therapy sessions that include a psycholytic dose of ketamine, I'm able to move into a more open, heart-centered place almost immediately. This has allowed me to step beyond familiar thought patterns and experience my emotions with greater depth and understanding.

These sessions have helped me find new ways to hold my grief and ease the depression that's followed these losses. In addition, this therapy supported my healing after two challenging years on an SNRI.

The withdrawal process was overwhelming—marked by brain zaps, emotional instability, and physical pain. Ketamine-assisted therapy made a profound difference in easing that transition.

I am deeply grateful to Thank You Life for making this care accessible. Their work brings real hope, healing, and possibility to people navigating some of life's most difficult moments.

Ketamine-Assisted Psychotherapy (KAP) was an integral part in advancing my understanding of myself, my history with anxiety and eating disorders, and my relationships to groups and peers. Over the course of my treatment, I felt increasingly able to connect with people despite my history of mental health issues; the group model was particularly effective in providing a container wherein feelings of togetherness, belonging, and solidarity could serve as catalysts for healing.

The lessons I've learned in KAP have extended throughout my daily life and serve as a touchstone when I begin forming new relationships or face new challenges.

Financial assistance was essential to my participation in KAP. Without the financial aid I had received, I would not have been able to afford this treatment and would have had to work through my presenting issues alone.

Testimonials



from a few of our beneficiaries

Ketamine-Assisted Psychotherapy (KAP) has been a deeply valuable experience for me, both personally and professionally. I sought it out primarily to address persistent anxiety that stemmed from unresolved trauma related to the birth and early medical complications of my child with a disability.

At the time, I often felt on edge, overwhelmed by fear, and emotionally overinvested in trying to protect those closest to me — especially my children. This hypervigilance, while rooted in care, was taking a toll on my relationships and on my own sense of ease and trust in life.

KAP offered me a sense of spaciousness — both internally and relationally. I feel more grounded, more able to tolerate uncertainty, and more trusting in my own capacity to respond to challenging situations without collapsing into fear. This shift has brought a greater sense of freedom and clarity into my relationships, and more inner calm in daily life.

The financial assistance from Thank You Life made it possible for me to receive treatment. This support was essential, as it would have otherwise been financially out of reach for me.

At the same time, as a therapist myself, I see this experience as having a double value — not only for my personal healing but also for my future ability to bring this kind of work to others in a responsible and informed way.

Prior to Ketamine-Assisted Psychotherapy (KAP) I was unable to find relief from my depressive symptoms, despite medication and talk therapy. After treatment, I finally stopped reliving traumatic events and was able to regain a sense of myself. My nervous system no longer felt as though it was on overdrive and I could make space to evaluate my emotions versus react to them.

The financial assistance allowed me to move forward with the treatment when my financial situation felt uncertain. It allowed me to get the help I felt I needed without feeling overwhelmed by the financial burden.

Testimonials



from a few of our beneficiaries

The benefits I've received through the Thank You Life scholarship have been profound and multidimensional.

One of the most significant impacts has been the way psycholytic doses of ketamine, used in conjunction with psychotherapy, supported my recovery after two challenging years on an SNRI. The SNRI withdrawal process was incredibly difficult—marked by intense brain zaps, emotional instability, as well as body pain. Ketamine helped restore a sense of internal balance. It felt as though my nervous system was finally able to calm, which allowed space for healing.

The second, equally powerful benefit has been the depth that ketamine brings to my ongoing talk therapy. I've made meaningful progress around long-standing grief from the early loss of my mother—a trauma that shaped my emotional landscape from a very young age.

As I now face the loss of older siblings, this early pain is being reactivated, and ketamine has opened emotional paths that allow me to process it in ways I hadn't been able to before. Its heart-opening nature helps illuminate deeply rooted patterns imprinted from my childhood loss.

In KAP sessions, I've begun to truly see and release what I've carried for so long. And finally, Ketamine not only lifts the weight of accumulated depression but also consistently returns me to a place of gratitude and clarity.

I could never afford ketamine therapy without the scholarship from Thank You Life. It has been one of the greatest gifts of my life.

Stories of Healing

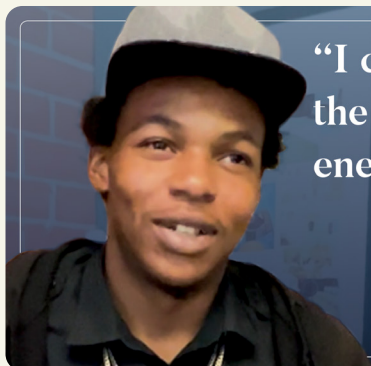


full length videos on YouTube



“I had to re-learn how to live. I wanted to give up.”

Erasmo's Story



“I could feel the negative energy leave me.”

Tyler's Story



“Thank you for giving me my life back.”

Veronica's Story



“I was finally able to grieve.”

Pharaoh's Story



click to subscribe ->



Stories of Healing



The Thank You Life Podcast



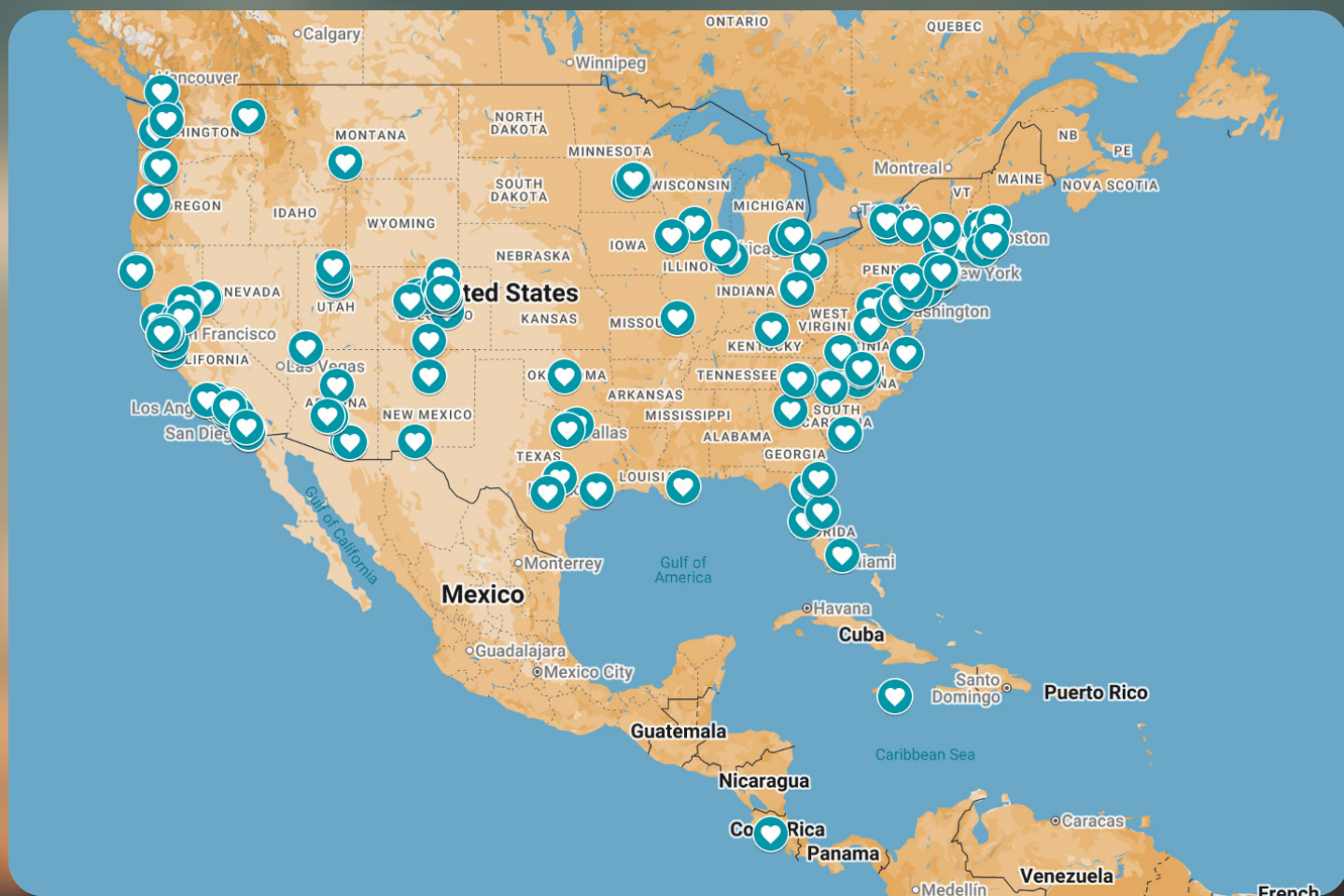
Kevin Cannella, Co-Founder of Thank You Life, interviews those who have been impacted by Thank You Life's KAP financial assistance program. They share their stories of healing and how Thank You Life's community of donors changed their lives through helping them experience psychedelic-assisted care.

In addition to Thank You Life beneficiaries, Kevin also interviews therapists, doctors, and clinic owners in our network, so they can share about their experiences in this field of work. Lastly, Kevin shares conversations with other thought leaders in the psychedelic therapy arena.

Provider Network

ketamine, psilocybin, ayahuasca

180+ providers, clinics, healing centers



In 2025, we nearly doubled the size of our KAP Provider Network (shown above), adding leading psilocybin healing centers in OR and CO and welcoming our first international retreat centers.

Each provider completed a rigorous vetting process to ensure alignment with our values and gold-standard criteria for ethical, high-quality care. The network supports access for our beneficiaries while also serving as a trusted referral resource for anyone seeking this form of healing.

We look forward to continuing to grow the number of these partnerships to expand access and positive impact.

Provider Network

AZ	Glendale	Thrive Therapy
AZ	Phoenix	Thrive Therapy
AZ	Tucson	Cathexis Psychedelics
AZ	Tucson	Tucson Counseling Associates
CA	Arcata	Center for New Growth
CA	Berkeley	Alma y Corazon Therapy
CA	Berkeley	Sage Integrative Health
CA	Camarillo	Ventura Center for Advanced Therapeutics
CA	Concord	VividLife Ketamine Clinic
CA	Culver City	Shakti Therapy
CA	Eureka	Center for New Growth
CA	Folsom	KAP Wellness
CA	La Jolla	Brooke Kettering
CA	Los Angeles	NEST Harm Reduction - Therapy At Nest
CA	Los Angeles	Psychedelic Science Institue - TRIP Clinic
CA	Los Angeles	Therapy with Ana
CA	Los Angeles	Transcend Psychiatric
CA	Menlo Park	Soft Reboot Wellness
CA	Nevada City	Aaron Galloway Counseling
CA	Nevada City	Hahnemann Medical Clinic
CA	Nevada City	Meg Lear
CA	Oakland	Alchemy Community Therapy
CA	Oakland	Doorway Therapeutics
CA	Oakland	Sophie Jani Psychotherapy
CA	Oakland	Wholistic Therapy with Erika Gimbel
CA	Ojai	Horizon Healing
CA	Richmond	Marquet Medical
CA	Sacramento	ShaMynds
CA	San Diego	Daydream MD
CA	San Diego	Integrate
CA	San Diego	Kind Heart Therapy
CA	San Diego	One Spirit Wellness
CA	San Diego	Transcendelic Retreats
CA	San Diego	Vie Sante Medical
CA	Sebastopol	Liminal Medicine
CA	San Francisco	Holistic Therapy SF
CA	San Francisco	Polaris Insight Center

CA	Santa Barbara	Jacqueline Robertson Psychotherapy & Counseling
CA	Santa Barbara	Lucid Therapeutics
CA	Santa Clara	Soul Centric Counseling
CA	Santa Cruz	Silvi Integrative Health
CA	Santa Monica	home-LA
CA	Santa Monica	Mystic Health
CA	Santa Monica	Psychedelic Science Institute - TRIP Clinic
CA	Sebastopol	Liminal Medicine
CA	Torrance	Shakti Therapy
CA	Tustin	Kindred Chrysalis Therapy
CO	Alamosa	Sweetgrass Therapeutics
CO	Basalt	Roaring Fork Neurology
CO	Boulder	Rooted Wellness Therapeutics
CO	Colorado Springs	Valmente Wellness and Healing Center
CO	Denver	Denver Emotional Health
CO	Denver	Ela Healing
CO	Denver	Emotion Alchemy Collective
CO	Denver	Evolve Mind Wellness
CO	Denver	Heart Wild Therapy
CO	Denver	Pryor Counseling
CO	Denver	Recover Me Counseling
CO	Edwards	Ignite Counseling
CO	Fort Collins	Wholeness Center
CO	Frisco	Catie Tobin
CO	Golden	Etc Hospitality
CO	Highlands Ranch	Divergence Mental Health
CO	Littleton	True Haven Counseling
CO	Parker	Rose Healing Center
CO	Wheat Ridge	Shift Healing
DE	Wilmington	Fostering Greatness
DE	Wilmington	Initia Nova
FL	Fort Lauderdale	Center for Connected Living
FL	Gainesville	Monica Grey Coaching
FL	Jacksonville	In Alignment Wellness
FL	Orlando	Sweet Love Counseling
FL	Tampa	Peaceful Roots Counseling
GA	Athens	Athens Psychedelic Therapy
IA	Peosta	The Health Spa by Vive
IL	Chicago	Sana Healing Collective
IN	Valparaiso	Sentience Mental Health
KY	Lexington	Expedition Mental Health
LA	New Orleans	Center for Functional-Psychedelic Medicine

MA	Arlington	Boston Center for Couples and Sexuality
MA	Beverly	Cambridge Biotherapies
MA	Boston	Gail Neves Integrative Therapy & Consulting
MA	Cambridge	Amethyst Integration
MA	Cambridge	Cambridge Biotherapies
MA	Cohasset	South Shore Ketamine Center
MA	Jamaica Plain	Liminal Bodies
MA	Medford	Joy In Health
MA	Newburyport	Arise Wellness
MA	Newburyport	Stillwater Counseling
MD	Baltimore	Melinda Maule
MD	Baltimore	Prism Wellness
MD	Frederick	Connelly Stewart Counseling
MD	Frederick	Prism Wellness
MD	Takoma Park	Focused Therapy
MI	Ann Arbor	Michigan Progressive Health
MI	Royal Oak	Michigan Progressive Health
MN	Eden Prairie	Institute for Integrative Therapies
MN	St Paul	Art of Counseling
MN	St Paul	Center for Conscious Alchemy
MN	St Paul	Merkaba Integrative Psychiatry
MO	St Louis	Midwest Institute for Hearts and Minds
MT	Bozeman	Sub Rosa Therapy
NC	Apex	Empower Mental Wellness
NC	Chapel Hill	Hedgehog Psychotherapy & Counseling
NC	Chapel Hill	Somatic Collaborative
NC	Charlotte	Dérive Health
NC	Charlotte	Life Force Therapy
NC	Durham	Project YES
NC	Sanford	Empower Mental Wellness
NC	Waynesville	The Pearl Psychedelic Institute
NH	Amherst	The Wellness Seed Collective
NH	Portsmouth	Peg Correia
NJ	Cherry Hill	Fostering Greatness
NJ	Cherry Hill	Initia Nova
NJ	Matawan	Integrative Journey Modern Psychotherapy
NJ	Montville	Invest In My Health
NM	Las Cruces	Medicina Del Sol
NM	Santa Fe	Insight Ketamine
NV	Reno	Brain Health Restoration
NV	Reno	Radiance Ketamine Clinic

NY	Albany	Synergy Counseling Associates
NY	Brooklyn	Expansive Practice
NY	Brooklyn	Feya Health
NY	Brooklyn	Quai Nystrom Psychotherapy
NY	Brooklyn	Your Mindful Manifestations
NY	Canandaigua	Mind Trove Healing
NY	Erieville	Breathing Space Psychotherapy
NY	New York	Feya Health
NY	New York	Psyberspace Center for Psychedelic Therapy
NY	New York	Toni D. Kim
NY	Penfield	Believe and Breathe Counseling
NY	Woodstock	Woodstock Therapy Center
OH	Columbus	LuminaThera
OH	Columbus	Moss & Moon Counseling
OH	Oberlin	Oberlin Ketamine Clinic
OK	Edmond	Find the Center
OR	Eugene	EPIC Healing Eugene
OR	Eugene	Subtle Winds
OR	Portland	Cascade Psychedelic Medicine
OR	Portland	Empathy Grove
OR	Portland	Rainfall Medicine
OR	Portland	Synaptic Institute
PA	Huntingdon Valley	Courtney Gable
PA	West Reading	Irie Wellness
RI	Providence	PVD Ketamine & Wellness
SC	Charleston	Innerbloom Healing
TX	Austin	Illumma
TX	Austin	Laura Evans Counseling
TX	Austin	Transcend Ketamine
TX	Bellaire	Houston Center for Counseling
TX	Flower Mound	NeuroGlow
TX	Fort Worth	NeuroGlow
TX	Houston	Houston Healing Collective
TX	McKinney	NeuroGlow
TX	San Antonio	Transcend Ketamine
UT	Farmington	Healing Ketamine
UT	Millcreek	Soma Psychotherapy
UT	Orem	Healing Ketamine
UT	South Jordan	Healing Ketamine
UT	St George	Soma Psychotherapy
VA	Floyd	Be Well Now

VA	Ruckersville	Life Works Professional Counseling
VA	Virginia Beach	Luminous Minds at Lake View Psychotherapy
VA	Winchester	Life Works Professional Counseling
WA	Bellingham	Delve
WA	Lynnwood	Entheos Emotional Wellness
WA	Olympia	Anne Gustafson
WA	Olympia	Compassionate Care Counseling and Consulting
WA	Seattle	Seed Yoga Therapy
WA	Spokane Valley	Illume Wellbeing
WI	Fitchburg	Integrata by WindRose Recovery

International Retreat Centers



Soltara Healing Center

Playa Blanca, Costa Rica
Goddess Falls, Costa Rica



Jamaica Grief Retreats

Trelawny, Jamaica

If you are a KAP Provider or psilocybin therapy facilitator associated with an approved healing center who would like to be considered for joining our network, please apply on our website: thankyoulife.org/providers.

If you are affiliated with an international retreat center and would like to apply to join our network, visit: thankyoulife.org/retreat-app.

Local Fundraising

community impact

In 2025, our providers and clinics fundraised in their local communities to expand access to psychedelic-assisted care and spread Thank You Life's mission to more people. This decentralization of fundraising efforts has been a significant way that our mission has spread across the U.S., and we are inspired by our providers' motivation and passion to get grassroots support in their communities. Improving accessibility involves all of us.

150+
participating
providers/clinics

The image displays three overlapping screenshots of the Thank You Life fundraising interface, each for a different provider. Each screen features the provider's logo, a description of their KAP Fund, a 'Choose amount' section with 'One-time' and 'Monthly' options, and a 'Continue' button. The 'Joy In Health KAP Fund' screen is purple, the 'Transcend Psychiatric KAP Fund' screen is orange, and the 'Hedgehog Psychotherapy & Counseling KAP Fund' screen is teal. Each screen also includes a 'Secure' indicator and a 'Share' icon.

Thank You Life

JOY In Health
A PSYCHEDELIC THERAPY NONPROFIT

Joy In Health KAP Fund
Joy In Health has teamed up with the nonprofit Thank You Life to help make ketamine-assisted psychotherapy (KAP) accessible to more people. Your tax-deductible donation helps those in need receive the top-quality mental healthcare they would otherwise not be able to afford on their own. Thank you for paying it forward and helping members of your community heal.

Interested in learning more about Thank You Life?
[Read more](#)

Organized by Thank You Life
hello@thankyoulife.org

Transcend Psychiatric
A PSYCHEDELIC THERAPY NONPROFIT

Transcend Psychiatric KAP Fund
Transcend Psychiatric has teamed up with the nonprofit Thank You Life to help make ketamine-assisted psychotherapy (KAP) accessible to more people. Your tax-exempt donation helps those in need receive the top-quality mental healthcare they would otherwise not be able to afford on their own. Thank you for paying it forward and helping members of your community heal.

Interested in learning more about Thank You Life? [Click here to visit their website.](#)

Hedgehog Psychotherapy & Counseling
A PSYCHEDELIC THERAPY NONPROFIT

Hedgehog Psychotherapy KAP Fund
Hedgehog Psychotherapy & Counseling has teamed up with the nonprofit Thank You Life to help make ketamine-assisted psychotherapy (KAP) accessible to more people. Your tax-exempt donation helps those in need receive the top-quality mental healthcare they would otherwise not be able to afford on their own. Thank you for paying it forward and helping members of your community heal.

Interested in learning more about Thank You Life?
[Read more](#)

Organized by Thank You Life
hello@thankyoulife.org

A Special Thank You

to all of our donors in 2025



\$250,000+

Force Management

\$100,000+

Linear Health

\$50,000+

The BMI-Rupp Foundation
Educational Foundation of America

Asher Israelow

John and Anne Kaplan Foundation

Laura Lochrane

\$25,000+

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