



CAPABILITY STATEMENT



OUR SERVICES

- Nationwide network of trauma-informed teachers for in-person yoga, meditation, and coaching addressing PTSD, incarceration, grief, trauma, and adversity.
- User-friendly app for live-streamed meditation and coaching classes plus pre-recorded courses tailored to trauma and PTSD.
- Teachers certified in Mindfulness, Meditation, and Trauma.
- Collaborations with celebrities and influential voices.
- Spanish-speaking teachers available.



OUR MISSION

Om At Home provides trauma-informed teachers nationwide offering coaching, yoga, and meditation classes for crime survivors, veterans, individuals affected by PTSD, and those facing adversity or incarceration. Our teachers are accessible both virtually through our app and in-person.

ABOUT US

Om At Home is committed to creating awareness of the impact trauma has on the cycle of homelessness, incarceration and adversity in entire communities. Our team is dedicated to supporting survivors of crime, individuals who have experienced incarceration, veterans and those navigating the effects of trauma. We aim to challenge stigma, advocate for early intervention, and promote healing strategies that are inclusive and culturally relevant.

Our app offers live mindfulness classes and exclusive courses including "Mindfulness For Re-Entry," created to support individuals transitioning back into society after incarceration, and "Transforming Trauma," where you will learn grounding techniques using the power of breath.

In addition to the app, **Om at Home** guides are available on-site across the United States to provide coaching, mindfulness, meditation, yoga, breathwork, and sound-bath sessions.

WHY CHOOSE US?

- **Expertise**
 - Our trauma-informed guides bring significant experience, including mindfulness coaching at Rikers Island Prison, chapter coordinating for Crime Survivors for Safety and Justice, and serving as Peer Victim Advocate Specialists for the VOCA Trauma Recovery Network.
- **Expert Training**
 - Our Om At Home Guides hold notable certifications including training from the School of Radical Healing, Victims Services Practitioner Designation by the Florida Crime Prevention Training Institute, E-RYT accreditation from the US Yoga Alliance, and Chartered Management Institute for Coaching (CMI) recognition.
- **Versatile Services**
 - Choose between in-person sessions and the convenience of our app.
- **Tailored App Development**
 - Our mindfulness team crafts custom classes and courses, and our software developers tailor the app to meet customer needs.
- **Celebrity Engagement**
 - Since 2017, we've consistently connected celebrities like T-Pain, Taraji P. Henson, Mario, Vic Mensa, and more with prisons, nonprofits, and events.

KEY ACCOMPLISHMENTS BY OUR GUIDES

- Recognized for Outreach & Education by Memorial Regional Hospital's Division of Trauma Services in FL
- Active member of FL District 23 Gun Violence Task Force
- Featured in Forbes about Om At Home, with quotes from Congresswomen Jehan Gordon-Booth and artist Finesse2Tymes
- Engaged in speaking engagements with the CMO of Blue Cross Blue Shield of Illinois, CEO of the Sandy Hook Foundation, and Congresswoman Robin Kelly
- Collaborated with the City of Miami Police Dept "Stop The Gun Violence, Stop The Pain" initiative
- Served as a featured panelist on mental health at the Congressional Black Caucus convention in 2023
- Received the PeopleMatter Service Award

PAST PERFORMANCE

- 7-year contract with The Alliance for Safety and Justice
- Orchestrated activations with Crime Survivors for Safety and Justice
- Contract with REFORM Alliance.
- Mindfulness coach at Rikers Island Prison
- Yoga and meditation teacher for PTSD at The United States Department of Veterans Affairs (VA)

COMPANY SNAPSHOT

- **Business Name:** Om At Home
- **Business Address:** 6538 Collins Ave #344 Miami Beach, FL 33141
- **UEI:** FZ9TKUKE6YE3
- **Cage Code:** 9K6E8
- **Point of Contact:** Tiffany Kumar
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NAICS CODES

513210 - Wireless Telecommunications Carriers (except Satellite)

561990 - All Other Support Services

611699 - All Other Miscellaneous Schools and Instruction

621420 - Outpatient Mental Health and Substance Abuse Centers

621610 - Home Health Care Services

621330 - Offices of Mental Health Practitioners (except Physicians)

624190 - Other Individual and Family Services

PSC CODE

- **7E21**
- **DA10**

