



## M.O.M.A.U.

Mankind Overcoming Madness Among Us

Creating a pathway to a replenished quality of life  
for all that seek the joy of living.

### COMMUNITY EVENTS

Quality of life awareness is an ever-growing requirement with the birth of each generation.

Community events designed by M.O.M.A.U. are organized to create platforms for community organizers to continually host activities that expand for each generation to build a legacy of good living habits.

Using culturally competent and trauma informed emotional intelligence material, MOMAU Teams will engage underserved communities in coordinated activity plans with outcome measurement tools used to assess and improve activities.

**Consider these four questions on the journey of emotional restoration:**

1. “Do I enjoy how I feel daily?”
2. “Do I know how to balance my emotions during conflicts?”
3. “Do I bury my feelings to avoid specific situations?”
4. “Do I care how others may become provoked by my emotional position?”

Emotional awareness gives the pathway to a broader understanding of how emotions are the root of all decision-making.

**Come as a participant, facilitator, or observer – together we will create pathways to a replenished quality of life for all that seek the joy of living!**



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Creating a pathway to a replenished quality of life  
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**Mankind Overcoming  
Madness Among Us  
(M.O.M.A.U.)**

**is a nonprofit organization  
providing emotional  
intelligence awareness,  
research and restoration  
services to underserved  
communities around the  
world.**

**Community Events Coming Soon  
Near By and Online!**

**For details email:**

**[momau1life@gmail.com](mailto:momau1life@gmail.com)**

## BACKGROUND

M.O.M.A.U has emerged from 38 years observation, participation, and spiritual leadership in overcoming emotional madness that has developed into a structured platform for concerned individuals to develop solutions for prevalent issues in society that are diminishing the quality of life in communities around the world.

## PURPOSE

M.O.M.A.U desires to promote emotional intelligence awareness and develop emotional restoration services for individuals willing to exchange experiences learned from lifestyle choices made and the journey created from those choices.

## GOAL

M.O.M.A.U will endeavor to establish emotionally balanced community residents and sustainable resources for maintaining viable living environments.

YEAR 1

M.O.M.A.U. PARTICIPATION LEVEL  
25% OF TARGETED COMMUNITY POP.

## INITIAL COMMUNITY EVENTS

### ➤ AFTER THE FACT

Social acclimation to emotional intelligence for empowered decision-making.

### ➤ COHESIVE DEVELOPMENT

Discussions that bring a parenting blueprint into perspective.

### ➤ ARTISIAN'S BOX

Collective audio and visual compilations by participating aspiring artist.

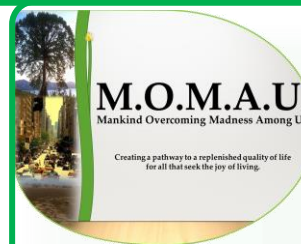
### ➤ CHOCAWA

Conflict mediation discussions and neighbor advocacy training.

Through diversified community events containing bridged-generations, educational resources will be distributed and information will be gathered to assess feasible strategies that will minimize the travesties faced when lack of knowledge causes poor decision making.

Community event forums include:

- Onsite Community Locations
- Online Webinars
- Audio Recordings via Phone
- Mobile Awareness Vehicles



M.O.M.A.U desires to become instrumental in organizing municipal, private, and individual entities into a coordinated resource pool for society to access before life's unprepared decision-making causes detrimental effects to the quality of life we all share.

Strategic Teams are being established to deliver the operations planning summarized within the M.O.M.A.U. community events listed in this introduction. Detailed information is available upon interest presented for team participation.

All that have a desire to make a positive impact today to build a viable future are welcome to email: [momau1life@gmail.com](mailto:momau1life@gmail.com)

GOD bless all that partake in this journey to obtain understanding of the importance of why and how we will succeed when the road is not yet seen..





## M.O.M.A.U. “MANKIND OVERCOMING MADNESS AMONG US”

Embracing the way to understand feelings will unlock ways to enjoy life. MOMAU community events provide the platform to find emotional intelligence awareness material and emotional restoration resources.

### **Five Reasons To Improve Emotional Intelligence**

1. Learn how emotional quotient levels determines decision-making during moments of conflicts
2. Gain the ability to share ideas, concerns, and empathy with others
3. Remove stigmatic boundaries from daily habits
4. Reduce depression by learning emotional triggers and coping techniques fit for your lifestyle
5. Embrace relationships and parenting with a broader view on how to maintain a cohesive living environment

For information on upcoming MOMAU events in your community contact us as:

[momau1life@gmail.com](mailto:momau1life@gmail.com)