

**Integral Heart Family School – Antigua Guatemala**  
**History since 2010-2024 in photos**  
*Dream Plan Expansion Details start on Page 21*



**Students and staff of our school at the most recent Christmas party**

Education is the heart of our work. Our school is currently home to 65 children with classes for English, Spanish, Homework Help, Art, Critical-Thinking for Teens and serves 1,500 meals and snacks every month. Since 2010, our programs have delivered classes and support to over 1,200 students and their families in Guatemala. We have also provided over 2,500 food baskets to our 40 sponsored families.

The Integral Heart Family School is a registered charity in the U.S.A and in Guatemala. We are supported by 235 individual monthly donors, 15 major and 750 minor annual donors. Our most recent monthly donor joined us just 2 weeks prior to writing and our longest standing donor has been with us for over

9.5 years. We incorporated in the U.S. in 2011 and in Guatemala in 2013. For more;

<https://www.integralheartfoundation.org/501c3status.htm>



## Our work in photos:



2024: Education and nutrition for 65 student between the ages of 4-12 years.



2020/2021: Homework and Food Basket deliveries began in response to the worldwide situation



2019: Classes on Human Rights in the main room of our school in Antigua Guatemala.



2019: Critical-Thinking Program for teenagers.



Meals at our school for an gain of average of 1lb per month



Our chef prepares over 1,500 meals and snacks per month.



Our library with 400 books



Playtime is also important and much enjoyed.





2018: Classes by a Guatemalan Forensic Anthropologist.



Food preparation at our school.



2010: Co-founders, Mick and Debora teaching Critical-Thinking to teens at various non-profits around Antigua.



2018: Catholic Bishop teaching our Critical-Thinking students.



Meditation and yoga classes.



2015: Invited speakers giving classes to our teens on self-development, self-awareness and mindfulness.



2012: Women's empowerment class.



2012: 'Why education is better than gangs' – Seminar series.

2010-2018: Helping families affected by natural disasters such as volcanic eruptions, tropical storms and landslides.





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2018: Volcano relief to 170 families who were displaced from their homes.



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2018: Preparing volcano disaster relief packages for delivery at our school.



2010-2015: We ran a solar program that brought light to 45 families and 2 schools.





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2015: We coordinated the install of a large grid-tied solar system on another charity school in Guatemala City.





2012-2014: The humble beginnings of our kindergarten program before we had our own school in Antigua.





2010-2018: Every Christmas we have a holiday party and give gifts and toys to our sponsored students.



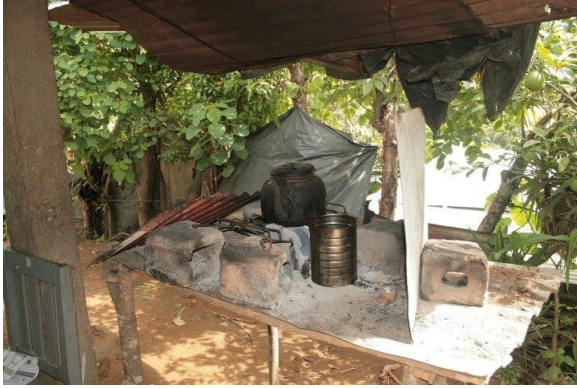
2018: Bringing toys to moms and children affected by the volcano.

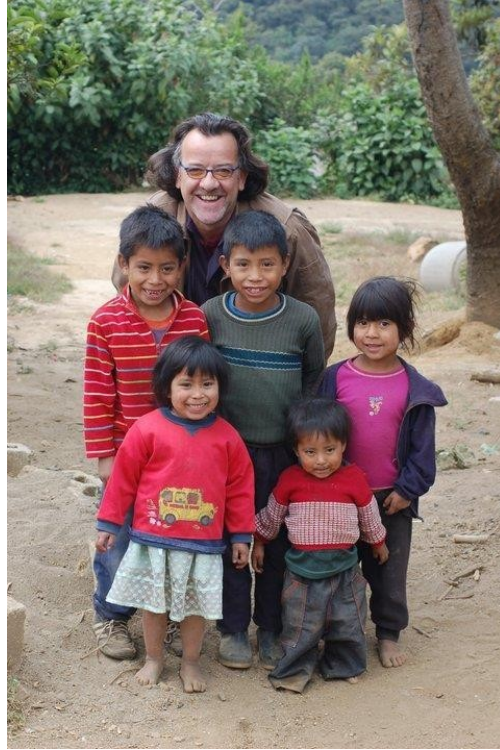


More playtimes photos from our school.

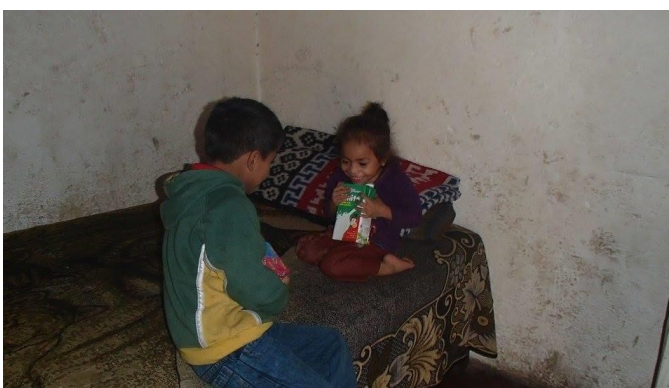
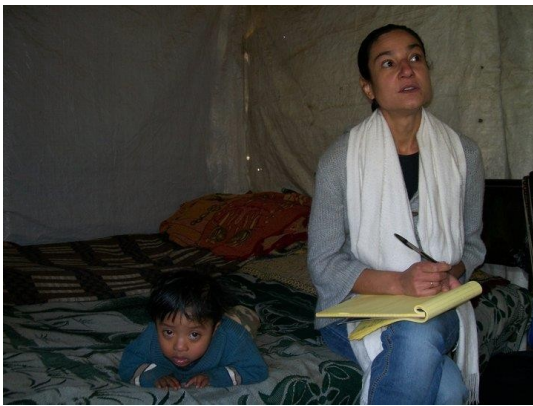


2010-2019: Visiting the homes of all our families. This happens now on a regular basis.





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2010-2019: We also provide a monthly food basket to our sponsored families.



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2010-2019: Sponsored families and students getting shoes, backpacks, clothes, and school uniforms every year.



2017: A medical team visit to our school.



Ingrid gets her new boots!



New shoes for all our students once per year!



Books and school supplies!



Annual donation of tools from the US are distributed to the fathers and our families who can make more money with them.



2010-2018: Kids are kids! So we do plenty of parties and school trips.



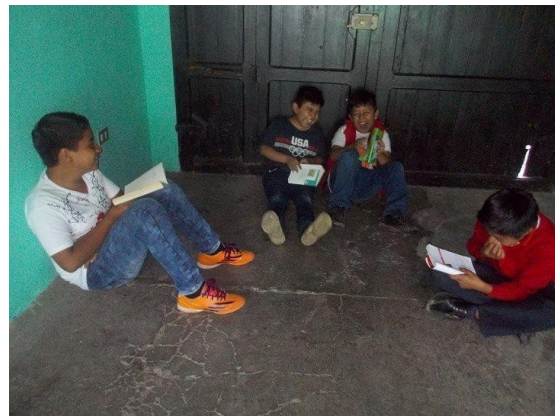
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2015-2019: With the help of a nice monthly donation we were able to open and operate our own library.



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## **Dream Plan –**

**The problem we have is that our current location is rented. Though we have been there for years that can all end with a month's notice and our staff, doggie rescues, and 65 children would be technically homeless. The Integral Heart without the heart...**

**Our Dream plan is a vision of our own humble place. Not only a school, but a more in-depth animal rescue center, where each child is not only receiving education and nutrition, but is paired with a rescue animal until they are re-homed. Teaching compassion and loss is an essential element to producing a well-rounded human being.**

## **The Student/Pet Project**

**Since we opened our school in 2014, we have also been able to rescue and re-home and spay/neuter over 700 dogs and cats, both domestic and homeless.**



The Integral Heart Family is fully committed to provide aid those in need. We have already been working for 10 years with the wellbeing of children and families who have little financial means of support. That commitment is still fully alive and will continue with the same passion.

But, after years of living and working in Guatemala, we have become involved in the rescue and wellbeing of another very vulnerable part of the population; that of animals.

The streets of Guatemala are full of street dogs and cats trying to survive. On occasions some of them have to even be rescued from their owners due to abuse. There seems to be an endless amount of pain and suffering among these lovely creatures and we wish to be able of alleviate as much as we can.

That desire gave way to the birth of the Integral Heart Family STUDENT/PET PROJECT!



2020/2021: We organized 12 spay and neutering clinics at our school



Luring dogs out of their former wild habit.

Getting love at our school.

A street dog shelter that we built.



2014-2019: Since we opened our school we have also been able to rescue and re-home almost 50 street dogs.

## The Challenge

Every day more and more cases of abuse, destitution and violence towards animals become evident. Many of these cases arise from irresponsible owners who keep animals in order to breed them for profit. When they can't procreate anymore they just abandon them. The streets are also full of animals who have never known what it is to have a home. These animals just survive and procreate bringing new puppies to the world. Many of them are abused by pedestrians, they are beaten, injured, poisoned, and many times even by children. The pain inflicted onto these lovely furry friends is heartbreaking.



2014-2019: Puppies (9 of them) born at our school to a mommy we rescued from the street. All have new homes now.



Before and after photos of some the Integral Heart rescues.



Lili (above) and Osa (right) were found suckling on their dead mom... here they are 5 months after rescue (above).

Before and after photos of some the Integral Heart rescues.



Pinky was abandoned by his owner because he had a skin condition. We found him, and then rehomed him.

## Solution

By creating an animal shelter where we can take these pets for their recovery, neutering and possibility

of adoption. We are not only removing the pain from these victims but also avoiding more puppies from

being born and suffering. We will give them the opportunity of finding lasting love and the warmth of a real home. On top all of this, if we create the project within the environment of our schools' education programs, we will also teaching the new generations to be kind and compassionate towards animals, and to learn to treat them as the wonderful beings that they are. By caring for the rescues, our students will learn to give them the respect and love that they deserve.

**2018: Street pups born at our school get food, shelter, medicine and love at our school. All adopted to new homes!**



## Long-Term Impact

Education is the heart of our work. By teaching kids to love all sentient beings, not only we are avoiding present pain but also changing the future. These kids will become parents, teachers and educators of new generations and little by little we will all be more kind towards animals and humans, too.

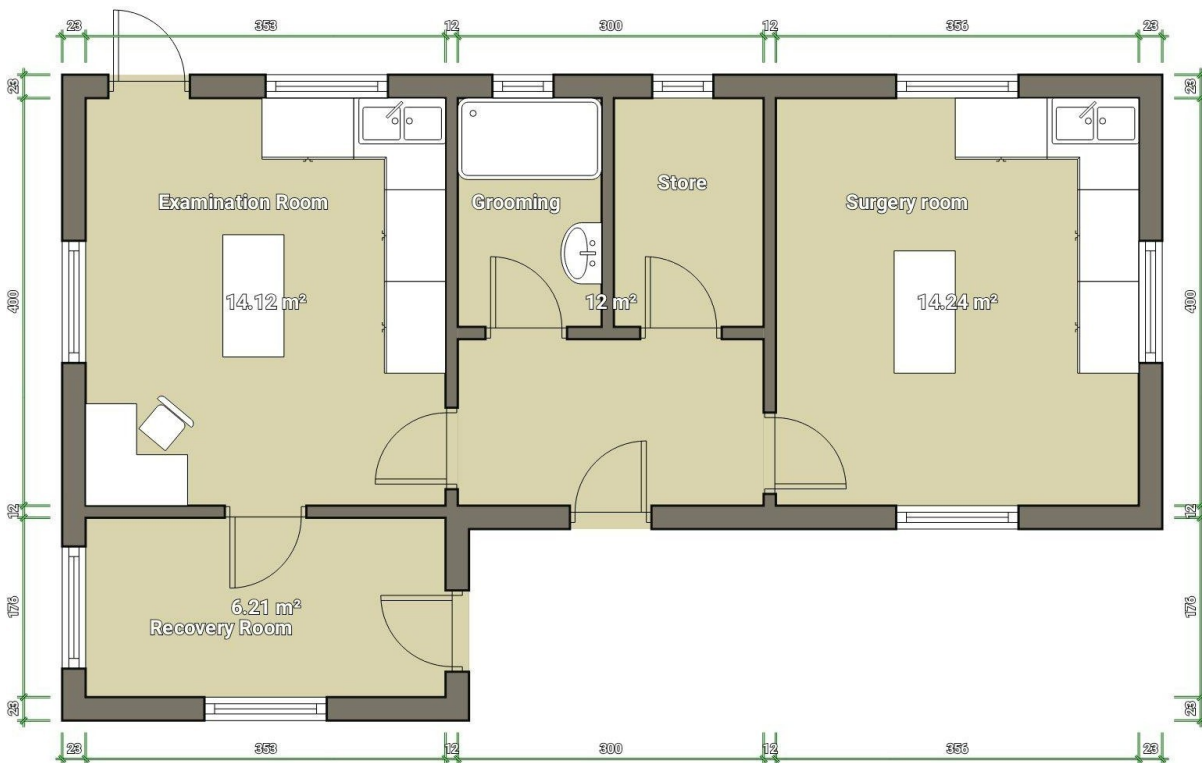
## What We Need

### Land and Building

We will first need to purchase a piece of land in a somewhat rural area in order to build both the school and the shelter. The land has to be big enough to host both with space for a separation/integration of both school and shelter. This land will need to be enclosed completely by a fence or a wall.

**The school** needs to have space for at least 7 rooms; one big room for all of the student classes and events, a library room, two bathrooms, kitchen, a storage area, an office, and a living space for the family that takes care of the school. It also needs to have a playing area for sport activities and games.

**The shelter** needs space enough for giving a temporary home and good care to an average of 40-60 dogs. In our planning of this expansion, we visited several shelters in Guatemala and have taken the best of what works at each and we plan to integrate this into the Integral Heart Family School / Pet Shelter.



We will need separate areas in the shelter that can accommodate different sizes of dogs and based on their different needs: one for the puppies and small breed dogs, one for the older ones and those who have been injured, one for those who are normal and happy, different gated areas for difficult dogs, a quarantine area for the new arrivals just in case they bring any contagious diseases. We also want to include an infirmary with an outside area with a roof (for rainy season) where the dogs can recover, run

and play freely.

By law we need a septic tank which has to be at least 25 meters deep. We need a storage area for food, blankets, cleaning material and so on, a well, a crematorium for the deceased pets. The crematorium can also help us to make our shelter sustainable by charging for those service to pet owners who chose to use it. It will also make them come to our place and open up the possibility of a new adoptions.

We will also need a laundry area that can be put somewhere in the middle between the school and the shelter and offer service to both of them. This will have: two different washing machines in order to clean separately the materials of each one of the projects.

Below you can see pictures of a local shelter that we recently visited, called Amor Animal, to get an idea of what a shelter in Guatemala looks like.



Large run area for bigger breeds.



Covered area; this one for small breeds.



Sleeping area.



Laundry and well for water.



Clean blankets always appreciated.



Separate fenced area for difficult or sick dogs.



Septic tank with supply of lime to layer in. Quarantine area for dogs in recovery.

## Staff

Our current school staff of 5 (all Guatemalan) include: two graduated teachers who also help with the cleaning and serving work and share the management of our library and computers; one teacher-in-training; a psychologist (part-time); a Spanish/English teacher (part-time) our school director who is also our social worker, and one chef who prepares over 1,500 meals per month.

For the **shelter** we would need 2 additional full-time and 1 part-time person: The two full-time staff main responsibly would be cleaning and maintaining order. They will also feed the dogs and make sure they all get their running and play/love time.

We will also need to hire (on contract) a veterinarian (this is a requirement by law). He or she will have to visit at least one day per week to make sure all the dogs are healthy. He will also supply the vaccines, take care of flea control, and de-worm the dogs. He will also be on call in case there is any emergency.

Our students will also be involved with the care and love of our rescued animals and in helping us find new homes for them 😊.

## Requirements

Our current operating budget for 5 staff and 80 children is \$200,000 per year which would increase with additional transport cost for our students due to the new location. We expect the shelter to add approximately \$70,000 per year in operation cost. The cost of purchasing a piece of land and to build would be \$300,000 - \$350,000. We have saved 12% of this already. And we will see savings of \$120,000 over the next ten years in not having to paying rent.

Integral Heart co-founder Mick Quinn used to operate multi-million dollars businesses in N.Y.C and he is currently working on the financial projections and planning for this project.

Please reach out if you have any questions or would like to see more detailed projections.

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**The Integral Heart Family**

<https://www.integralheartfoundation.org/ways.of.giving.htm>