

# THE GIFTS OF C2

## *What is C2care—redefined?*

Born from personal challenge, C2care—redefined exists to empower women to reconnect with their brilliance and inner beauty. It's a sanctuary for healing, built on the belief that life is art-capable of transformation through beauty.

## *Our three-part healing blueprint*

part no. 1 C2 COMMUNITY CALL

**Tuesdays @ 10:30AM ET - Free**

A one-hour phone call where you're seen and supported—without needing to say a word. Each session begins with a gentle weekly theme that can be used as a mantra or journal prompt to guide your week.

[JOIN THE CALL](#)

part no. 2 C2 SOUND HEALINGS

**Free Audio Library**

Sound journeys created with binaural beats and solfeggio frequencies by C2 with EEG expert Nicole Gibbs. Designed to restore calm, enhance creativity, and improve sleep and focus.

[DOWNLOAD THE RECORDINGS](#)

part no. 3 I AM: MY STRONGEST SELF™

**The 6 Guiding Principles**

A free mantra to help redefine what it means to thrive—even in the midst of challenge.

[DOWNLOAD THE MANTRA](#)



## *Experience Transformation Through the Lens of Beauty*

Because healing isn't just about surviving—it's about restoring, receiving and redefining.

800 394 0175



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