



Dear Friends,

Happy Summer! In California, August means back-to-school time. This summer we have been working behind the scenes to increase our reach into the various school districts of Southern California. We continue to stand by our commitment to help make a difference in the lives of kids who have been hit the hardest emotionally by the pandemic. We have also participated in suicide prevention classes to better understand the issues that too many of our kids face. Getting a Comfort Cub into the arms of a child who is struggling can often help prevent a situation from escalating into something more dangerous. We are so grateful to you for supporting us in this mission and we look forward to sharing our progress with you!

Warmly,

Marcella



CRC Visit

This month we delivered Comfort Cubs to the Community Resource Center in Encinitas. They will use the Cubs to bring comfort to survivors of Domestic Violence. Director, Jani Sepanik, shared at their staff meeting that she was going to be giving Comfort Cub hugs by the afternoon. It was heartwarming to learn all about what the CRC is doing in the community. We look forward to growing this relationship and helping in their efforts to serve North County.



Learn more about the CRC



**Ask a Question,
Save a Life**

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While working with the San Diego School Districts, we were invited to join in one of the training sessions offered to the community. We participated in their QPR Suicide Prevention Training. "Q" stands for asking questions to someone who is showing signs of depression, "P" stands for persuading the person to get help, "R" stands for finding a referral for the person in need. You can make a difference when talking with someone who is feeling suicidal by letting them know you care. The longer you engage them, may provide a little bit of hope that can be a matter of life and death.

Learn more at www.qprinstitute.com



Crisis Support

Everyone knows to call 911 for a physical emergency, but we would like to share the recently added 988 phone number for an emotional emergency (formerly known as The National Suicide Prevention Lifeline.) 988 Suicide and Crisis Lifeline offers 24/7 call, text, and chat access to trained crisis counselors who can help people experiencing suicidal, substance use or mental health/emotional distress. People can also call 988 if they are worried about a loved one who may need crisis support.



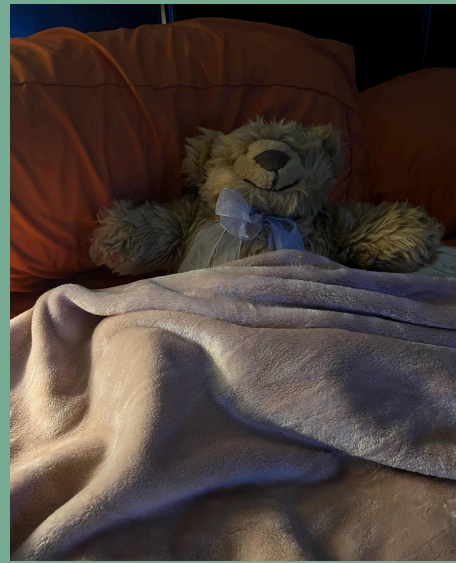
Rady Children's Helen Bernardy Center

It was a wonderful experience getting to deliver Comfort Cubs and introduce them to the staff of the Helen Bernardy Center in San Diego. The residents of the Bernardy Center are medically fragile children and range from short term to long term residents. We were able to tour the facility and see what wonderful spaces they have for the children and meet the incredibly caring staff. We are excited about this partnership and grateful for the warm reception The Comfort Cub received.



Thank you so much...this has helped my daughter so much after us losing our daughter on April 1st this year.
-Christina

Donate Now



I want to thank you. I lost my twins, Amelia and Jessie, on May 1st and holding this bear, sleeping with it, and looking forward to holding it after work has brought me great comfort. I cannot sing your praises enough for the generosity. -Katelyn



Walk in Remembrance With Hope

Please consider joining our friends, Survivors of Suicide Loss, on September 11th for their 16th annual walk. It's a memorable way to celebrate the life of a loved one gone too soon and raise awareness about suicide prevention.

For more information, please visit WalkingInHopeSD.org

THANK
you





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