



December Newsletter

Dear Friends,

Happy Holidays to everyone! As the year ends, we look back on all that has been accomplished in 2022. It has been an exceptionally productive year for the Comfort Cub. Thanks to your support, we were able to provide Cubs when cries for help came our way.

The tragedy in Uvalde, Texas was one of the most heartbreaking events we have ever dealt with. Your donations and volunteered support made it possible to quickly deliver over 1,000 Comfort Cubs to the victim's families, survivors, staff and first responders of the tragedy.

During the Wave of Light event in October, we conducted our very first survey. We received feedback on the benefits of using the Comfort Cub that you can read about below. This helps us better understand how the Cubs are helping recipients and the therapeutic impact it is having.

We are happy to report that the Comfort Cub continues to be very well received by counselors and students in San Diego County. This month we delivered 468 Comfort Cubs to the San Diego County Office of Education. They will be distributing the Cubs to schools throughout the County.

Mental health was our main focus in 2022. As we look forward to 2023, we see that area of need continuing to grow. Thank you so much for your kindness and generosity throughout this year. We are so grateful for you!

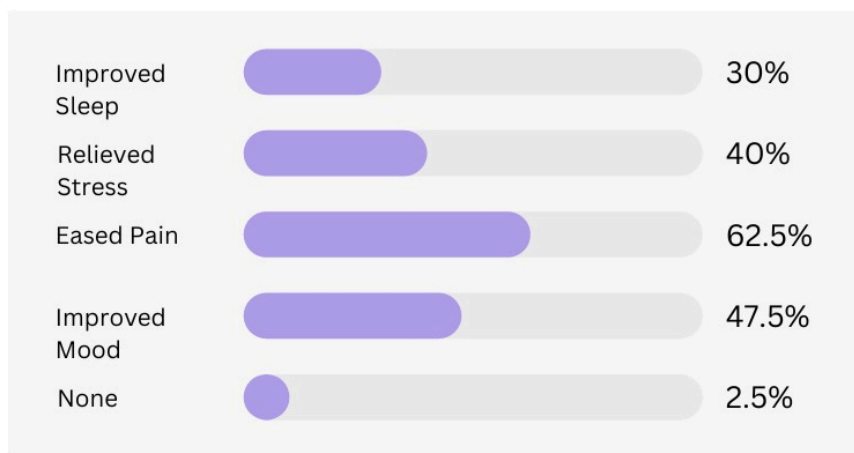
Wishing you a festive holiday season and a very Happy New Year!

Warmly,

Marcella



COMFORT CUB SATISFACTION SURVEY



IMPROVED SLEEP

30% of people said The Comfort Cub helped them sleep better.

RELIEVED STRESS

40% of people said The Comfort Cub helped lower their stress levels.

NONE

2.5% of people said The Comfort Cub had no effects.

EASED PAIN

62.5% of people said The Comfort Cub eased the pain they were experiencing.

IMPROVED MOOD

47.5% of people said The Comfort Cub helped brighten their mood.



At the Wave of Light event in October, we conducted a small, preliminary survey with families who have lost a child. Although we often hear the Comfort Cub helps people sleep better at night, we were surprised to learn from the survey that the greatest benefit (63%) said it "helped to ease their pain." Upon discussing this response further with the families, we found that included both their physical and emotional pain. The Comfort Cub truly is a great holistic and cuddly way to ease pain.



Cubs for COPES

San Diego school counselors and staff were thrilled with the sample Cubs they received earlier this year. They decided to use funding from their COPES (Creating Opportunities in Preventing & Eliminating Suicide) grant to order 468 Comfort Cubs. The Cubs were delivered last week to the San Diego County Office of Education who will distribute them to 41 schools throughout San Diego.



Managing Holiday Loneliness

The holidays can create feelings of loneliness for many people. A [2017 AARP survey](#), found that 31 percent of adults aged 18 and older have felt lonely during the holidays.

Whether you are physically apart from your loved ones or feeling isolated, this article gives you strategies that can help.

[Read the article](#)

The Comfort Cub is a therapeutic tool that can help relieve the symptoms of loneliness, anxiety, depression and Broken Heart Syndrome by releasing key neurotransmitters causing the body to relax and feel comforted.



"I was just gifted this little bear by a friend who found out I miscarried our first pregnancy last week. Brought tears to my eyes when I opened it. I love it so much! Something I never thought would bring me so much comfort. When I have someone in my life going through a difficult time, I will gift them one of these. Thank you for this gift." - L.L.



*"My Cub Rosie has been a big hit in the classroom. I actually have kids come in asking if they can hold her when they are having a hard day."
- Julianna Newell, Torrey Pines High School*

[Donate Now](#)



The Comfort Cub | 2240 Encinitas Blvd Ste D110 | Encinitas, CA 92024-4345 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!