



## January 2023

Dear Friends,

Happy 2023! We are excited for a new year of growth and the opportunity to help even more people in need. Some of our goals for this year include expanding to more hospitals in the United States, providing more support to hospital Neonatal Intensive Care Units and reaching even more kids ages 12 to 22 years old in an effort to reduce increasing suicide rates.

We are excited that we have been selected this year for Target Circle's Guest-Directed Giving Program. If you live in San Diego and shop at Target, please consider voting for The Comfort Cub as your charity of choice. This is a great way to shop and help your local community at the same time!

February is a very important time of the year for The Comfort Cub. We focus on healing hearts by making our annual visit to all San Diego hospitals. We will distribute

Comfort Cubs and talk to nurses and social workers about Broken Heart Syndrome and the therapeutic benefits of The Comfort Cub.

Wishing you much happiness and good health this coming year! Thank you for your continued love and support.

Warmly,

**Marcella**



## February 14th is "Heal-A-Heart Day"

February is the month of love. Everywhere you look there are reminders with flowers, candy and red hearts. But what about all the people suffering from *broken* hearts? Those who have recently lost a loved one?

Around here we call Valentine's Day "Heal-A-Heart Day." Throughout the month, we focus on educating people about Broken Heart Syndrome. We also visit all of the hospitals in San Diego to distribute Comfort Cubs. With your help, we are able to support grieving moms and families in their darkest moments. Thank you for your continued support. You are helping to heal hearts across America!

**Our goal is to get The Comfort Cub to those whose hearts are hurting. Would you help us? Every \$50 donation provides a Comfort Cub to someone in need.**

[Donate Now](#)

## Children in Medical Crisis



Recently counselors at San Diego Unified School District's Home Hospital Program reached out to us for Comfort Cubs. The Home Hospital program serves more than 2,500 students, grades K-12 whose medical condition prohibits their attendance in a regular school or need short term placement in a therapeutic setting. Students in the program are in the hospital, housebound or at a transition site due to serious medical conditions such as cancer, organ transplants, genetic disorders, eating disorders or injury. The Comfort Cubs will be used for the program's weekly social emotional group sessions.



## It Takes A Village

This month we had the pleasure to donate Comfort Cubs to a small local organization called It Takes a Village. We met with Founder, Malika Hollins, who is on a mission to empower youth and young adults by providing equitable resources to encourage personal growth, foster self-esteem, and create healthy lifestyles for those who may not have support at home. They will use Comfort Cubs for youth affected by trauma and loss.



## Supporting the COPES Initiative

This month we made a presentation to the school counselors of Cajon Valley Union School District. They will be receiving The Comfort Cub for their school sites and will also use the Cubs for their grief kits. Cajon Valley Union School District is one of many local school districts participating in the COPES (Creating Opportunities in Preventing & Eliminating Suicide) Initiative.

**Help us expand our mental wellness program by becoming a recurring monthly donor**

Donate Now

Help support us  
with Target Circle.

Vote by March 31.



## Target Circle Giving Program

The Comfort Cub has been selected for this year's Target Circle Guest-Directed Giving Program. If you live in San Diego and shop at Target you can vote for us through **Target Circle!** Vote through March 31st and help bring more comfort to those suffering from a broken heart in the San Diego area.



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