



March 2023

Dear Friends,

Slainte! That's an old Irish toast that basically translates to, "I drink to your health!" I thought it was appropriate considering March is Mental Health Awareness Month. Due to an increasing need, we are continuing to focus more on this area, especially when it comes to helping children and teens. This month we partnered with Vineyard Vines and Rady Children's Hospital to donate Comfort Cubs to an extraordinary group of teen oncology patients called, Some Of My Best Friends Are Bald. SOMBFAB is a peer support group held monthly at Rady Children's Hospital for adolescents and their teen siblings who have had or currently have cancer.

Also this month, we were excited to have The Comfort Cub's story published in the National Hospice and Palliative Care Organization's Pediatric E-Journal. NHPCO is the nation's largest membership organization for providers and professionals who care for people affected by serious and life-limiting illnesses. There is a link to the article below.

We feel the luck of the Irish any time we get to help a new group of people or make a new connection. All of us here at the Comfort Cub hope you had a wonderful St. Patrick's Day. We thank you and toast to your good health!

Warmly,

Marcella

Supporting Teen Mental Health



Some Of My Best Friends Are Bald is a peer support group at Rady Children's Hospital for adolescents and young adults with cancer (ages 13 and up), and siblings of the same age range. We were happy to partner with Vineyard Vines for Mental Health March where we gifted Comfort Cubs from the funds Vineyard Vines raised for us.

Amy Schneider, RN, Group Facilitator said, "*We are excited to provide The Comfort Cubs to our members as a tangible reminder they are not alone. Post-pandemic, post-loss, post trauma—a lot of these young people have really had to endure so much, and we are so glad your bears will be part of our Mental Health March!*"



NHPCO Pediatric E-Journal Article

We were honored to be asked to write an article on the origins of The Comfort Cub Program for the National Hospice and Palliative Care Organization's (NHPCO) Pediatric E-Journal. We are featured in issue #70 on pages 12-14. The E-Journal is focused on perinatal and neonatal pediatric palliative and hospice care. If you would like to read our feature in this well-respected medical journal, you can find it [here](#).



Calming Corners at Pablo Tac School

Pablo Tac School of the Arts in Oceanside was excited to receive a donation of Comfort Cubs this month. School Counselor, Ruby Castro and Community Liaison Coordinator, Izamar Sanchez had been looking for solutions to help comfort students when they experience anxiety and social and behavioral challenges. They will be using the Cubs for the new calming corners located in

different areas on campus and in the school counselor's office.



*"I have utilized the Comfort Cub as a calming tool when talking to students who are crying or having a panic attack. The students always seem very open and happy to have the little bear sitting on their lap."
- Molly Engblom,
School Counselor*

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"I lost my daughter 8 years ago. I delivered her at 20 weeks despite all efforts to stop labor. I was offered a Comfort Cub while I was still crying. The doctor told me what the bear was and gave the option to take it or leave it. I decided to keep it and she has always been with my daughter's ashes since. I want to say thank you. I hug the bear every year on my daughter's birthday or days that I miss her." - Iris B.





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