



September 2022

Dear Friends,

September marks the end of summer, the start of Fall, and time to head back to school. It was also Suicide Prevention Awareness Month. Suicide is the second leading cause of death for people ages 10-34. Unfortunately for me, this is more than just a statistic. My beloved little brother, Guy, took his own life at the age of 31. I believe the more we

openly discuss suicide, the more we can help to destigmatize this heartbreaking issue. We are working closely with different school districts in California to address mental wellness in children. The Comfort Cubs have been very well received and we are grateful that we are able to expand our program into even more schools because of you.

Thank you for helping us support and promote mental wellness in so many areas that need it!

Warmly,

Marcella



Bringing Comfort to Survivors of Suicide Loss

The Comfort Cub was invited by our friends at **Survivors of Suicide Loss** to participate in the Walk in Remembrance with Hope event. It was an honor to share The Comfort Cub with a new community that found so much comfort in holding and hugging the Cubs. The event was a memorable way to celebrate the life of loved ones gone too soon & raise awareness about suicide prevention.



San Diego Unified School District's Fall Staff Wellness Fair

This month we were so happy to be invited to participate in the San Diego Unified School District's Fall Staff Wellness Fair. School staff were able to experience the therapeutic benefits of holding a Comfort Cub for themselves and will be sharing the Cubs with their students. Our hope is that this therapeutic tool will continue to be utilized in classrooms and school counseling offices in order to help with the mental health crisis our youth are experiencing.





Easing Student's Broken Hearts



We recently dropped off cases of Cubs to the school counselors at Mission Middle School in Escondido. The Cubs will be for their new bereavement support group for students. We are so grateful to be able to ease the broken hearts of Mission Middle School students who have experienced the loss of a parent or family member. While we were there we bumped into the principal, Mr. Carrasco. Upon holding one of the Cubs, he said he felt its calming effect.



"We went in for our 23 week ultrasound and that's when we found out she didn't have a heartbeat anymore.

I fell asleep cuddling it (The Comfort Cub) and honestly it has been the best sleep I've had in 6 months." - A.R.

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"I had a healthy pregnancy until one night I had pain, went to the hospital and was told my baby girl did not have a heartbeat. I had a placental abruption and gave birth later that day. I got to stay with my baby for 4 days. It was very heartbreaking, but i knew I had to stay strong. Thank you so much for my Comfort Cub" - K.G.



The TIP Program helps prevent what mental health professionals call the "Second Injury." The Second Injury is a victim's perspective that the emergency system did not provide the support needed after a tragic event. Emergency personnel simply do not have time to

Supporting New TIP Chapters

The Comfort Cub has been a supporter of the San Diego chapter of TIP (Trauma Intervention Program) for many years. Recently we had the opportunity to connect with several more chapters throughout the United States. Thanks to your support, we have now partnered with 4 new chapters!

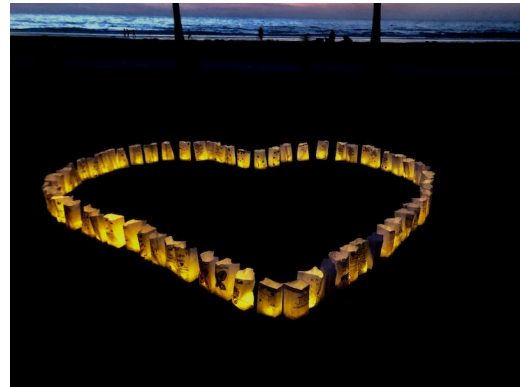
One of the new chapters we recently sent Cubs to is TIP of Orange County. They shared the Cubs at their joint training academy for 21 new TIP volunteers in Orange County and Long

provide this support. One of TIP's main goals is to help prevent these second injuries from happening.

Beach. The students were thrilled to have The Comfort Cub as a resource!

Wave of Light

Once again, this year we will be joining our partners at Empty Cradle for the annual Wave of Light event at Ellen Browning Scripps Park in La Jolla, CA. Wave of Light is a globally recognized event to remember all babies that have died too soon. This event is FREE. Empty Cradle will provide all craft supplies to decorate luminarias including candles. We hope to see you there.



[Click here](#) for more information.



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