



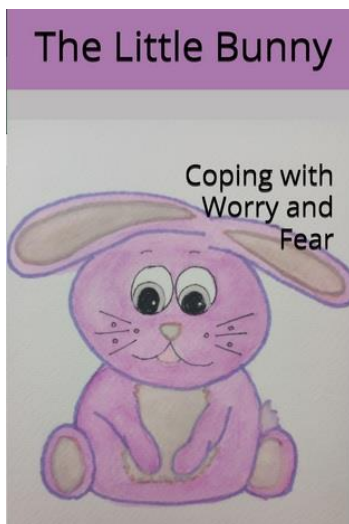
January

Newsletter

We are excited for a new year full of POSSIBILITIES and GROWTH!

Looking forward we are excited about:

- A new grant received from the Swanson Foundation to help fund the Mental Fitness Growth Path
- Working with our partners: Help Me Grow Utah, Utah Foster Care and Utah Head Start
- Involving the community in providing service to assemble Healthy Coping Bags
- Presenting at local conferences and events to share the importance and impact of teaching healthy coping skills
- New Printables &
- A 10th Little Coping Book to add to the collection is in the works





We could use your ideas

What board games, card games or outdoor games do your kids love to play in their free time? What games did you enjoy playing as a kid? We want to add new games and activities with a healthy coping skills twist to our Printables and would love your ideas!

We want to welcome our new Cope2Hope Board Members. Please check out their bios on the website.

