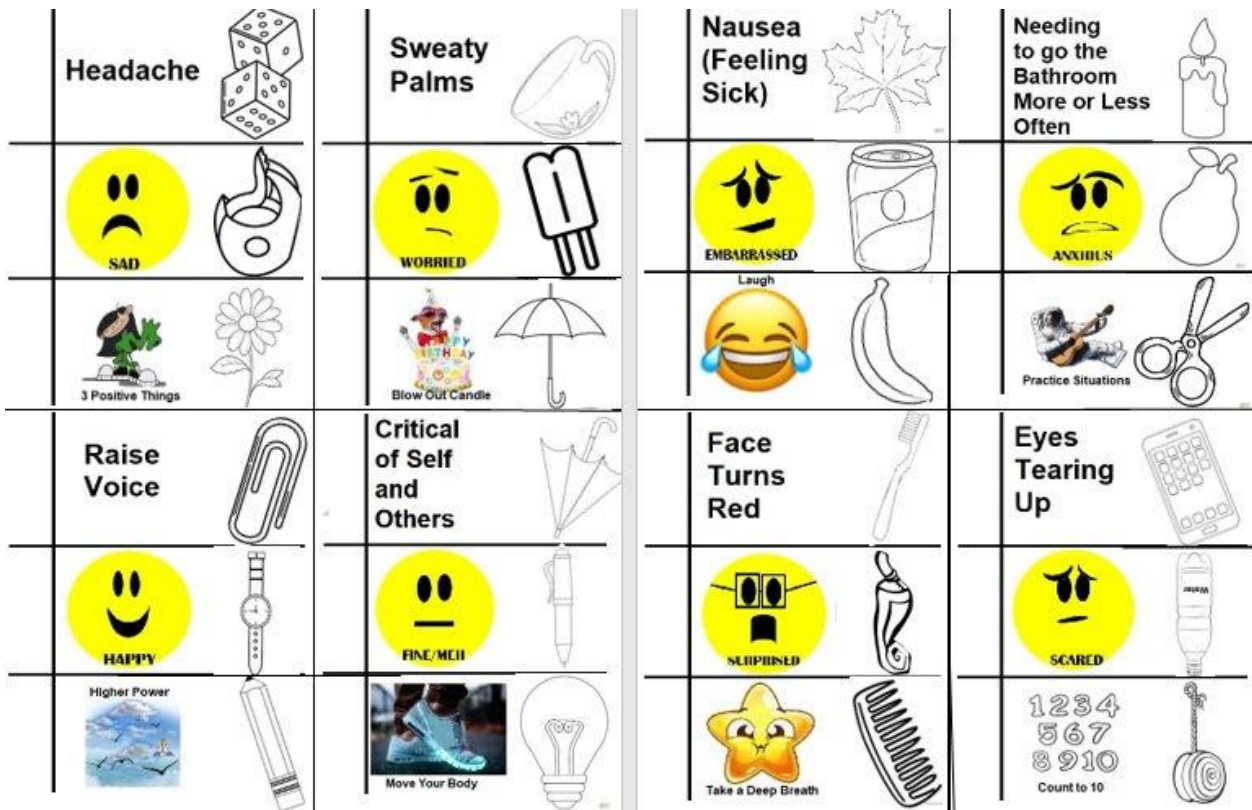


# Cope2Hope September 2023

## Newsletter

Hello and welcome to your quarterly update



[New Printable is up on the Website:](#)

### The Emotion Flip Book

Now you can mix and match the emotions with different ways they make our body feel and what healthy coping skill would be a good choice for that emotion and reaction. Talk about how your body can feel the same,

like eyes tearing up for a pleasant (excited) or unpleasant (scared) emotion.

[Take me to NEW printable](#)



**Looking Ahead...**

**"The Little Turtle: Coping with Conflict"**

**Release date is set for November**





[Purchase Little Coping Books Here](#)

Cope2Hope will be presenting at the Utah Afterschool Network Jump Start Convention in October.

**Help Spread the Word... we want 100  
new email subscribers by the  
end of 2023! If you all invite 1 friend  
to join the email list at  
Cope2Hope.org we can exceed our  
goal!**

Cope2Hope has been a passion of mine for many years. We aim to make resources available that can help parents, teachers and caregivers teach healthy coping skills to kids to give them the gifts of self-regulation, higher self-esteem and better academic achievement. Thank you to all of you for joining this journey. See what exciting things are coming next...

All the best,  
Angie Jowers

**7744 West Mount Elinor Road, Magna, UT**

**801-661-7441**

**Go to our website** 