



# Cope2Hope Quarterly Newsletter

## December 2021

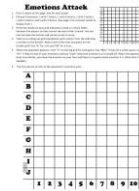
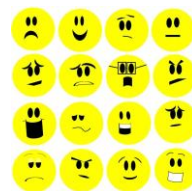
### The Mission of Cope2Hope

is to empower children by teaching healthy coping skills. By providing virtual classes, visual reminders, and interactive games to reinforce these healthy coping skills, we aim to increase self-esteem, academic achievement and greater ability to deal with big emotions and challenging circumstances in life in healthy ways.



Thank you for being a part of the Cope2Hope Community. This year at Cope2Hope we have created and made available FREE posters, hang tags, virtual classes, healthy coping skills games, including

emoji matching, Cope2Hope Bingo, Move your Body Spinners, Emotions Attack (like “Battleship”, Emotion Catchers (paper folded “cootie catchers”) and more. All available to print and download on the website: [Cope2Hope.org](http://Cope2Hope.org).



There are also 5 children’s picture books available for purchase on Amazon.com that teach healthy coping skills and invite readers to find the healthy coping skills and emotions in the story after reading them.



### Giving Tuesday Success

We had an amazing response to our “Giving Tuesday” donation campaign raising over \$1000. We are excited to start the new year with resources to spread the word to strengthen the emotional strength and resilience of children.



### Founder’s Message

**Thank you to all who donated and who are in this journey with us! We are grateful for helping us spread the word and use Cope2Hope resources to help teach children healthy coping skills! Happy New Year! -Angie Jowers**