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Hotlines:

National Suicide Prevention Line

Text: WYO to 741 741

Call: 1-800-273-8255

The Trevor Project

1-866-488-7386

Safe2Tell Wyoming

1-844-996-7233

Websites:

www.gracefor2brothers.com

www.suicidology.org

www.bullying.org

www.safe2tellwy.org

Contact Us

307-256-3344

1603 Capitol Ave #410

Cheyenne, WY 82001

www.gracefor2brothers.com

Thank You Taco Johns, Jonah Bank, and Donators!

We would like to express our sincerest gratitude to Taco John's, Jonah Bank, and all who donated to suicide prevention during the month of May! We are excited to announce that donations received in both Wyoming and Colorado through Taco John's, and the donations received in Wyoming through Jonah Bank, totaled over \$20,000! These donations will go toward various suicide prevention programs throughout the state of Wyoming and Northern Colorado. We are so grateful to everyone involved within the organizations who helped promote this campaign and to all of the generous people out there who contributed to help support suicide prevention efforts in both states. **THANK YOU!!!**



Annual "Walk of Grace" Becomes "Drive of Grace"

Due to COVID-19, this year's Walk of Grace will now take place on Capitol Avenue on Sunday, August 9th, from 1-3 pm. We are asking teams and individuals to decorate their cars in memory of loved ones lost to suicide or with messages of hope for those that may be struggling. We are also asking businesses along Capitol Avenue to decorate their windows and storefronts in a similar manner- in support of suicide prevention. There will be a "Downtown Prize Package" awarded to both the best decorated car and business storefront. Please keep in mind driver safety and vision range when decorating.

We will also be providing entertainment along the way, as well as have local resources waving. We will be asking people to stay in their cars for viewing to reduce foot traffic on the sidewalks. If you have an interest in becoming involved, please send us an email. Stay tuned for more information to come!



**Thank You for Your
Continued Support:**

**TACO
JOHN'S**

The Fresh Taste of West-Mex



RE/MAX
capitol properties

WE WANT YOU!!!!!!

Are you and your friends looking for ways to give back or want to give some of your time to help? If so, please contact Katie Baxter, at volunteercoordinator@gracefor2brothers.com.

No matter how messed up you think you are, there will always be someone that loves you & still thinks you're amazing.

WWW.YANILAVIGNE.NET



Volunteer of the Month

Our June Volunteer of the Month is the lovely Tory Brock! Tory started volunteering for GF2B in 2017. She is the youngest of three girls, and her family and pets are very important to her. Tory is a big believer in being kind whenever possible, which is one of the many reasons why we love to have her as a part of our Grace Family. Tory helps with many events, including GF2B Volunteer Nights, Embrace Grace Gala, Walk of Grace, assists in the office, and beyond. Tory says that Grace for 2 Brothers Foundation is, "a light in the darkness." Tory, we really appreciate your hard work and dedication to suicide prevention! Above all, thank you for sharing your compassionate heart with us and all those we help in the community together; we think you are pretty amazing!



Building Hope and Resiliency in Children



A few months ago, at a local resource fair held in a school, we asked various grade school students what the word "hope" meant to them. Many couldn't answer. In these tough times, we are more aware than ever that instilling resiliency, hope, and coping skills in kids is incredibly important. We need to teach them how to be healthy, strong, express their needs, and how to ask for help should they reach a breaking point when they are older. According to hope researchers at www.hopefulminds.org, to hope for something is to have an expectation that is both desirable and attainable. Learning about hope and resiliency should start well before age 10. Higher hope correlates with better academic performance, less anxiety, more work productivity, reduces the risk of addiction, makes one less likely to die by suicide, and has many more positive impacts on a person's life. So please, start teaching your children about hope and resiliency now.

We have several resources and activities available for parent and teacher usage, including Hope lessons, which can be altered for almost any age, as long as the child has some ability to write. These lessons can be found on our website as well as directly through this linked article: [Lessons of Hope for Kids](#). Here are some more resources to help with the mental and physical health and well-being of children: [Children's Mental Health Campaign](#), [The Clay Center for Young Healthy Minds](#), [YouTube "Get Moving" Activities by GoNoodle](#), and [YouTube: Cosmic Kids Yoga](#). We also have resources for teens available in our free library. Please check out our website or send us an email if you would like more resources for children and teens.