

**[External] We're growing! iNDIEFLIX Education is now IMPACTFUL!**

Team iNDIEFLIX &lt;info@indieflix.com&gt;

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To: Cynthia B. Dillon &lt;Cynthia\_Dillon@hcpss.org&gt;

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Notice something different? We've changed our name!

iNDIEFLIX Education is now **IMPACTFUL**. In response to our growing mission to reimagine learning, normalize addressing mental health, and inspire both individuals and communities to become more reflective and resilient, we changed our name to reflect who we are and what we do.

iNDIEFLIX Education, now known as **IMPACTFUL**, will continue to offer our same year-long film programs and engaging support services, including the popular **Creative Coping Toolkit**—our online SEL platform built around our award-winning mental health film collection (comprised of *Angst*, *LIKE*, *RACE to Be Human*, & *The Upstanders*). We appreciate you being on this journey with us!

**BUCKLE UP! We have a lot in store for you!**

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***In This Newsletter, You'll Find...***

- Our SEL Champion of the Month
  - Back-to-School films we LOVE on iNDIEFLIX
  - An Endorphin Drip Tip for you to download and share!
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## How Pinching & Wellness Rooms Help Teach Mindfulness to Kindergarteners

Watch the 30 min conversation between our VP of Education Sales, Dr. Amber Gunner, and our SEL Champion of the Month, Gia Nelson (yes, it sounds long but is super engaging!) as they talk through effective Social Emotional Learning, mindfulness, and the importance of mind-body connection in kindergarteners.

[Watch the Interview](#)

## Our Must-Watch Films for Back to School on iNDIEFLIX

This August, we are highlighting films that emphasize the importance of mental health and preparing for back to school. Read through our blog to watch these films and find ways to incorporate and start these crucial conversations in your community today!

[Read the Blog](#)

## ***SAVE THE DATE!***

IMPACTFUL is hosting online **Wellness Wednesday PLC**  
(Professional Learning Community) meet-up's starting  
***October 5th 2022!*** More information to come!

It's that time of year when the days of summer are getting shorter, and thoughts of autumn are in the distance. It's the perfect time to play "*What's My Back to School List?*" **We've provided a list of seven tips** to get you prepared for the upcoming school year! Keeping ourselves from getting overwhelmed allows us to manage our emotions better, communicate effectively with our peers, and focus on our happiness.

You may ask, *how is making a list going to change my brain?* We spoke with Dr. Jerry Brubick, Senior Psychologist at Child Mind Institute, who said that creating a plan can help ease stress not just for your kids but also for the parents and guardians. Make your list and check it against ours. Maybe we can inspire each other!

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Indieflix, 4111 E Madison St., Suite 310, Seattle, WA 98112, United States, (323) 940-3549 ext. 3630

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