

[External] Are you Ready to Make an Impact this School Year?

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To: Cynthia B. Dillon <Cynthia_Dillon@hcpss.org>

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Are You Ready to Make an Impact?

Hi Cindy,

Although it's still summer, here at iNDIEFLIX, we are working hard to prepare for an impactful school year ahead by supporting your students, staff, and family's mental health and social-emotional well-being.

For the past ten years, we have worked with mental health experts, brain scientists, educators, students, and parents to develop and distribute films that tell stories and foster impactful dialogue around common societal issues, from bullying, social media addiction, and racism, to anxiety and depression. Our year-long, turn-key, **Creative Coping Toolkit (CCT)**, includes film chapters, discussion guides, prompts, and accompanies each film to make SEL and cognitive behavioral therapy accessible.

 CCT-Dashboard

CCT Dashboard Preview

"The Creative Coping Toolkit is a **beautifully simple, heart-warming approach to tackling some of the toughest issues we face growing up**. We are taken by the hand and lightly walked through exercises like how to use language or art to express mood, or to effectively engage others in our journey to a better connection." - Dr. Emily Wong, *Affiliate Associate Professor, Department of Medicine University of Washington*

Are you ready to make an impact in your community? **Reply to this email** or





[schedule a meeting with me](#) to review our current offerings, learn about what's in development, and explore ways to implement, like a *Mental Health Friday*, just as other districts have done. Enjoy the remainder of your summer!

Best,
All My Best,

Peta
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