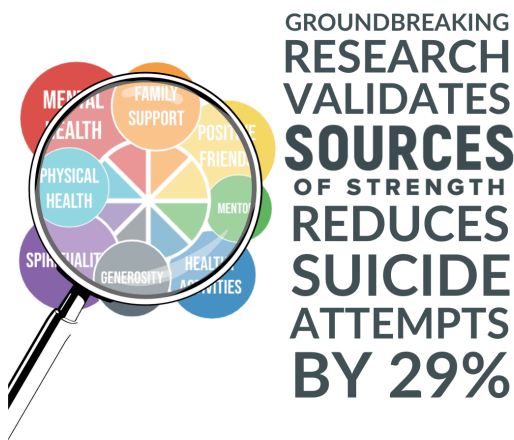




## April Newsletter

As the season of renewal and growth blossoms, we're thrilled to announce a fresh lineup of upcoming events and exciting new resources just for you!



### Sources in the News!


Read just some of the recent articles showcasing the powerful impact of Sources of Strength nationwide!

- [Colorado Community Media](#)
- [Colorado Public Radio](#)
- [Minnesota Mesabi Tribune](#)
- [Ohio Suicide Prevention Foundation](#)
- [Oregon Statesmen Journal](#)
- [Pennsylvania WVIA PBS](#)

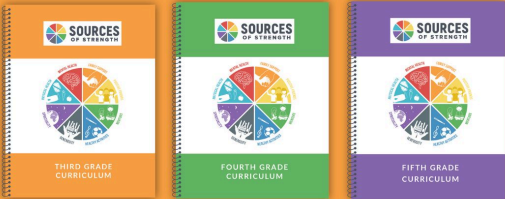
### Sources of Strength 2025-2026 School Year: Secure Your Dates & Pre-Pay Today!

As summer approaches, we are excited about the 2025-2026 school year! Our team is hard at work scheduling training sessions for summer and fall, and we want to make sure you get the best possible dates for your team. Reach out today to **lock in your training dates** and boost your chances of snagging your first-choice days!

Oh, and don't forget — **Sources accepts prepayments!** If you have any leftover budget, grant funds, or upcoming deadline, now is the perfect time to use them for your Sources programming for the next school year. **Please contact Jaymie at [jaymie@sourcesofstrength.org](mailto:jaymie@sourcesofstrength.org) to chat about options or [schedule a call today!](#)**

 **SOURCES**  
OF STRENGTH  
NOW AVAILABLE

**ELEMENTARY CURRICULUM:  
NEW 3-5 STRATIFIED**



**Order NOW for Instant Digital Access!**

## Elementary 3-5 Stratified Curriculum - Digital Access is NOW Available!

We are thrilled to announce the **digital launch** of our *NEW Stratified 3-5 Curriculum* on **April 1st, 2025!** Physical copies will be shipped in the coming weeks! If you have not purchased the new curriculum yet, we are extending the **discounted \$500 price** to June 1st, 2025!

[Order the Curriculum](#)


[NEW Stratified 3-5 Curriculum Features](#)

## Upcoming Virtual and In-Person Elementary Coaches Trainings

Ready to take the first step in implementing the Elementary Model or are you looking to have a new or additional Coach trained for the 2025-2026 school year? **Register for an upcoming Coaches Training!** We have several upcoming virtual and in-person opportunities for **2-Day Coaches Trainings**:

- Virtual Coaches Training *from April 23 - 24*
- In-Person Oshkosh, Wisconsin Coaches Training *from May 15 - 16*
- In-Person Seneca Falls, New York Coaches Training *from May 28 - 29*
- Virtual Coaches Training *from July 23 - 24*

[Register Here](#)

**DISCOVER**  **SOURCES**  
OF STRENGTH

**ELEMENTARY CURRICULUM**  
April 22nd, 2025 | 2:00-3:00pm ET

**SECONDARY PROGRAM**  
April 23rd, 2025 | 2:00-3:00pm ET

*Join us live to discover program history, philosophy and implementation pathways!*

## Hop on a Discovery Session

Ready to learn foundational knowledge? Join us for a **Discovery Session!** Meet with our National Trainers to learn more about the history, foundation, philosophy, and implementation for both Elementary and Secondary Programs!

- **Elementary Curriculum** on April 22nd from 2 - 3pm ET
- **Secondary Program** on April 23rd from 2 - 3pm ET

[Register Here](#)



# SOURCES OF STRENGTH PEER LEADER ADVISORY COUNCIL

## Peer Leader Advisory Council (PLAC) Highlight: Camila Alcantara Perez, Verona Area High School, Verona, WI

*This month we are excited to highlight our PLAC member, Camila Alcantara Perez from Verona, Wisconsin:*

"Sources of Strength, the lessons, the Wheel and the community built around it has impacted my life in numerous ways. The main area of my life where I have seen the most change is in my willingness to be vulnerable. With the time I have spent in the Sources of Strength group, I have come to realize that showing vulnerability and being open is not a sign of weakness but a display of **courage and Strength**.



***"When you allow yourself to be vulnerable, you invite others in, something I was scared to do.***

When you let people into your life, and you allow them to see every aspect of who you are, you create a deeper connection and build authentic relationships built on trust. Having people whom you can talk to about

"I used to keep everything to myself. I would force all my feelings down and lock them away because that was easier than trying to talk to someone, because that would entail that I would have to actually face what was going on, and that to me was terrifying. Suppressing my emotions also took a toll on my physical health, as I felt increasingly more stressed.

But when I began embracing vulnerability, I began to release pent-up tension. This vulnerability has allowed me to let people in and walk through my struggles with them. ***Sources has made facing these things so much easier. I know there's people who have my back and that care about me, and are willing to be with me on days with either rain or shine.***



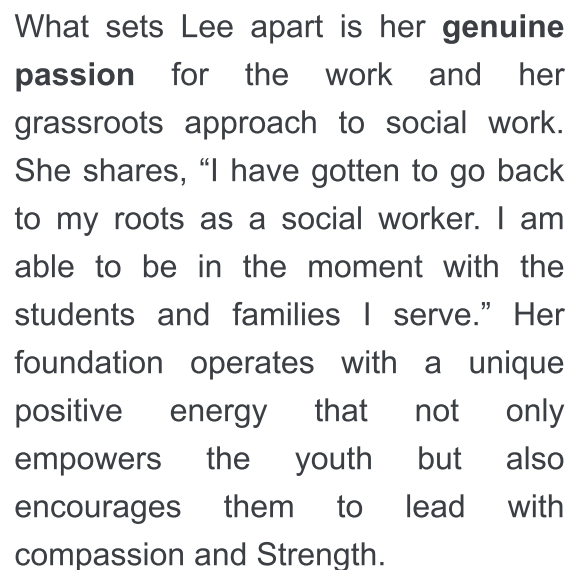
There are still days where I avoid people or struggle on my own, but vulnerability is a skill that improves with practice. The more one opens up, the easier it becomes, and life just feels better. We as a society need to



break free from the belief that vulnerability is a sign of weakness. Rather we should work towards **embracing vulnerability as a Strength.**"

**Brian O'Neill Jr Foundation**

One of the most rewarding parts of Lee's journey has been watching students take ownership of their own mental wellness. At a local meeting, students on the Student Advisory Council stood up and expressed their desire to be part of suicide prevention efforts in their schools. "It gave me goosebumps," Lee recalled seeing young people so eager to be part of the solution.





As a Local Sources of Strength Trainer, Lee continues spreading this message across West Virginia schools, helping students in over 10 sites, including middle schools, high schools, and local universities, discover their inner power. Lee's efforts are grounded in the belief that the Strengths-based programming provides a healthier and more sustainable approach to mental health.



Looking forward, Lee's mission is to spread this foundation is determined to continue the work they do. Her message is simple: "This is about action, not talking. We're here to make a tangible impact."

**What Brings Lee Hope and Strength?** Lee finds inspiration in the resilience and creativity of the young people she works with. "Teenagers are not the negative stereotypes we often hear about. They're full of hope and fresh ideas," she shares. Lee finds strength in their ideas, enthusiasm, and determination to make a positive impact. One of her favorite activities is spinning the "Strengths Wheel" with students, where they share their thoughts on different strengths, helping them connect with what makes them unique.

**Nominate All-Star Adult Advisors and Peer Leaders to be featured in our Newsletter!**



## Spring Shirt Sale for \$12

This year, we are continuing to celebrate our vision to "Empower a Well World!" Add this year's shirt to your collection! For the month of April, we are having a **Spring Shirt Sale!** Empower a Well World Shirts are **\$12 each!**

## Sources of Strength *NEW* Blog

In March, we introduced our *brand new* Sources of Strength Blog! We're excited to connect, share fresh insights, empowering stories, and valuable resources that will help build resilience and empower hope, help, and strength!

Check out our new Sources of Strength Blog!

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### Staff Spotlight: Frannie Neal Mendoza, Elementary Operations Coordinator



After graduating from the University of South Carolina, Frannie (she/her) moved to Tucson, Arizona to serve two terms with the AmeriCorps VISTA Program at an at-risk youth center and regional college access center. These experiences led Frannie to pursue graduate school for counseling at the University of Arizona while working at a local high school in college counseling. Frannie served as an elementary school counselor for over six years in the Tucson Unified School District and Chesterfield County Public Schools, where she first attended a Sources Coaches Training. With a Master of Arts in Counseling and as a Licensed School Counselor, Frannie is dedicated to ensure that our elementary programming supports the needs of each school and will be implemented with sustainability as the Elementary Operations Coordinator. When she is not showing photos of her fur babies, you can find Frannie traveling, hiking, gardening, watching sunsets, salsa dancing, listening to Lake Street Dive, walking, or catching up with friends at a local coffee shop! To stay grounded, Frannie leans on her community including her wife and her pups, Coco and Cody Bear! 🐾

**What are you feeling strong in today?** One Strength I feel strong in today is Physical Health. Last month I started personal training at a new gym and have enjoyed some new hikes, and I am excited to reach my new goals! 🏃‍♀️

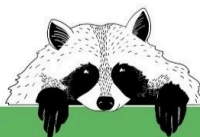
**What is an activity that energizes you?** I taught salsa dancing during graduate school, and I always feel energized while dancing with my community here in Tucson, Arizona! 🕺

**What are some of your favorite hobbies?** Hiking, traveling, dancing, gardening, listening to music, drinking coffee with friends, writing snail mail, collecting postcards while traveling, walking our pups! 🌻

**What are you thankful for today?** I am thankful for my community here in Tucson, Arizona. I moved away in 2021 and recently moved back with my wife, and I am immensely grateful for our community here! 🌵

[Meet our Team](#)

**LOOKING FOR SUPPORT?**  
**WE'RE HERE TO HELP!**



As always, you have the support of our team! Please reach out if you have any questions. Thank you so much for your involvement with Sources of Strength!



## Sources of Strength

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