



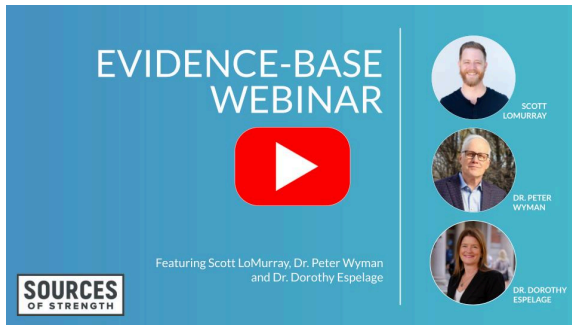
## December Newsletter

The winter months are here, and we have a lot we're excited to share with you about **upcoming events, training opportunities, new resources, 2025-2026 PLAC Members, and [store winter sale!](#)**

We're now scheduling for 2026 Trainings! Secure your dates today:

- Schedule your [Secondary Adult Advisor and Peer Leader Training](#)
- Schedule your [Staff Wellness or Professional Development Training](#)
- Schedule your [Elementary Coaches Training](#)

### Evidence-Base Webinar



Thank you to everyone who joined our **Evidence-Base Webinar** with Scott LoMurray, Dr. Peter Wyman, and Dr. Dorothy Espelage. If you missed it or would like to watch it again, please [check it out here!](#)



### Fall Check-In Survey: Receive a Free Resource

Your feedback helps us see what's working well and where we can strengthen our support and resources



**SIGN UP HERE TO RECEIVE WICKED THEMED CAMPAIGN RESOURCES**

### Sources For Good: Wicked-Themed Campaign

Please accept this email as your [invitation to Oz!](#) Sign up below to receive all things *Wicked For*

for your program. Everyone who [completes the survey](#) will receive an **exclusive new Sources resource** and be entered into a **drawing for a Sources support package!**

*Good* themed campaign resources for your programs. We love to see you bring the campaigns to life: share using the hashtag **#SourcesForGood** and tag us at **@SourcesofStrength!**

[Take the survey](#)

[Sign up here](#)

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## Upcoming Events & Trainings Opportunities



### Interactive Winter Wellness Session

Join an interactive 90-minute virtual session *open to all adults* to honor the ups and downs of the winter season and turn to Strength through play and connection on **Wednesday, December 10th** from **1:00 - 2:30pm MT**.

[Register here](#)

### Upcoming Elementary Coaches Trainings

Are you ready to take the first step with implementing our Elementary Program? Join an upcoming 2-day National Virtual Coaches Training:

- [December 9-10, 2025](#)
- [February 11-12, 2026](#)
- [April 21-22, 2026](#)

[Register here](#)



### Elementary Webinar: Home Connections

Join a 30-minute webinar to get *Elementary* season-specific ideas and resources to support a Strength-filled Winter Break and **Home Connections!** Choose a time that works best for you on **Wednesday, December 17th**.

[Register here](#)

### Upcoming Secondary Train-the-Trainer (T4T)

Interested in becoming a Certified Local Trainer or gaining fluency to support implementation? Register to a 4-day Train-the-Trainer:

- [Oregon T4T: March 2-5, 2026](#)
- [Iowa T4T: April 13-16, 2026](#)
- [Colorado T4T: June 22-25, 2026](#)

[Register here](#)

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✨ Introducing our 2025-2026 National PLAC Members ✨



The [National Sources of Strength Peer Leader Advisory Council \(PLAC\)](#) has entered its **third year** of council! The wisdom, care, and connection of this council has been a beautiful testament to the Sources of Strength teams across the country.

In PLAC's first two years, we had students representing teams from Utah, Wisconsin, Tennessee, Georgia, Ohio, Colorado, North Dakota, and Oregon. In our current 2025-2026 year, Peer Leader representation has **expanded** to Texas, Washington, Maryland, California, Virginia, Missouri, North Carolina, Pennsylvania, and Kentucky.

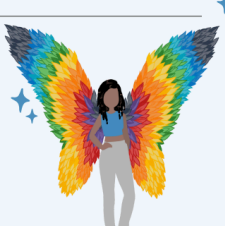
We are so excited to share what PLAC is doing this year and share the **continued wisdom** that comes from our students. Please enjoy the video above of our National PLAC Members and [stay tuned for more updates!](#)

WINTER WELLNESS ❄️ WINTER WELLNESS

# MENU

## *What Helps Me*

<div style="border: 1px solid #007bff; border-radius: 10px; padding: 5px; text-align: center; margin-bottom: 10px;">STARTERS</div> <p style="font-size: 0.8em;">Small, simple things that help you start your day; think of things for both energizing and calming activities.</p> <hr/> <hr/> <hr/> <hr/>	<div style="border: 1px solid #007bff; border-radius: 10px; padding: 5px; text-align: center; margin-bottom: 10px;">DESSERT</div> <p style="font-size: 0.8em;">Things that bring you joy, comfort, laughter, and are a mood boosters when you need it.</p> <hr/> <hr/> <hr/> <hr/>
<div style="border: 1px solid #007bff; border-radius: 10px; padding: 5px; text-align: center; margin-bottom: 10px;">SIDES</div> <p style="font-size: 0.8em;">Added support to reach out to when your plate feels full. Small acts of care, connection, &amp; comfort.</p> <hr/> <hr/> <hr/> <hr/>	<div style="border: 1px solid #007bff; border-radius: 10px; padding: 5px; text-align: center; margin-bottom: 10px;">SPECIALS</div> <p style="font-size: 0.8em;">Extra things that bring big relief; what you especially want to keep in mind to care for your brain and body this winter.</p> <hr/> <hr/> <hr/> <hr/>
<div style="border: 1px solid #007bff; border-radius: 10px; padding: 5px; text-align: center; margin-bottom: 10px;">MAIN</div> <p style="font-size: 0.8em;">Your main Sources of Strength: the people, places, or activities that nourish or support you the most</p> <hr/> <hr/> <hr/> <hr/>	



❄️ WHAT ARE YOUR SOURCES OF STRENGTH? ❄️

## Winter Wellness:

### What Helps Me Menu ❄️

As the days get shorter and temps drop, you may notice feeling more tired, less connected, or a bit down, and you're not alone. Winter can bring both joy and stress, making it a good time to turn to what supports you.

Creating a **What Helps Me Menu** with grounding practices, comfort strategies, and go-to supports can lift you on lower-energy days. Having this menu ready makes it easier to know what you need when your mind feels foggy or overwhelmed.

We invite you to **build your own menu**, using practical steps, personal reminders, and the Sources of Strength Wheel. You don't need every Strength at once, sometimes one or two anchors can make all the difference. Your menu

is a small collection of things that bring you back to yourself. Now is a great time to turn to the **Strengths that hold you.**

Create your own What Helps Me Menu

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## Elementary Spotlight: Jefferson Elementary School



This year, Jefferson Elementary School took an exciting step in strengthening its **community** through the universal implementation of Sources of Strength. Across all K-5 classrooms, students learn what it means to **belong** and how to recognize and use their Strengths to support both themselves and others.

A central focus of the implementation has been helping students understand that **resilience, connection, and self-care** are daily practices. [Read more on our Sources Blog!](#)

## Secondary Spotlight: Viera Middle School



When Viera Middle School opened its doors in August 2024 as the newest middle school in Brevard Public Schools, Principal McNutt brought a clear vision for school **culture**.

Already familiar with Sources of Strength, she and her team decided after the first semester to launch the program at Viera to center **creating connection, belonging, and student leadership**. All this with a little help from a special **therapy dog, Blue!** [Read more on our Sources Blog!](#)

Share your story in our School Spotlight

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## Staff Spotlight: Mark LoMurray

*Founder and President*

Mark LoMurray (he/him) has been working in the prevention/intervention field for over three decades. He is the Founder and President of Sources of Strength. He was also the Director of the North Dakota Tribal-Rural Mentoring Partnership, identified as a best practices project and highlighted by the Department of Education as a case study model program.



He is a consultant for the National Native American Mentoring Project and a frequent speaker at national conferences on youth and young adult suicide prevention, promoting wellness based connection models. What Helps Mark is spending on the Missouri River with his wife and hunting and fishing with his dog, Bella.

Check out Mark's book today, [Let's Talk About Families](#) - exclusively sold in our Sources of Strength Store!

Meet the 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**

PO Box 27032  
Lakewood, CO 80227

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