

August Newsletter



As kids and teens are going back to school, it's important for them to know how to manage their stress and reduce burnout. Parents should recognize the signs of stress (i.e. mood changes, trouble sleeping, etc.) and help talk it out with them. It can also help to encourage them to take a break, get outside, and help them organize their tasks and priorities.

7Leaves Back to School Fundraiser

Bring in this flyer or show it on your mobile device to a team member and we'll donate **20% of your order** to

TRAUMA SPEAKS INC.

1700 E McFadden Ave, Santa Ana CA

August 14, 2022

8 AM - 10 PM

We're hosting a back to school fundraising event at 7Leaves Cafe in Santa Ana from 8 AM - 10 PM! Show this flyer when checking out IN PERSON (including drive-thru) to participate. You can also find the flyer on our [website](#) or [Instagram](#). Your help will go toward our efforts in expanding mental health and wellness education for the youth. Don't forget to set a reminder!

Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

We had our first interview with **Shoutout SoCal** that featured our organization and our journey! Check it out [here!](#)

@traumaspeaks

E: admin@traumaspeaks.org

W: traumaspeaks.org