

Tele-Hope March Update

Dear Donors and Supporters,

Because of you, we reached over 1,000 students this month across Wyoming and Oklahoma. We continue to refine our workshops to be relatable and present in students' everyday lives. Ian and I also had the opportunity to return to our hometowns and share this work where it all started.

This month, I want to go back to the foundation of what we do and why. Our workshops are built to give people confidence. Confidence to connect with those around them. Not to go out and make 20 friends, but to build a few real ones. To create deep, meaningful relationships. We also focus on helping people build confidence in their story and understand that their story matters.

Why? Because no matter our age, we all go through difficult moments, and it means everything when someone checks on us or helps us out of a rut. Our message is simple:

Talk to yourself the way you would treat a friend.

Below are a few reflections people wrote at the end of our workshops to remind themselves that they have overcome battles with mental health before.

[Insert reflection images here]

We are incredibly grateful for your continued support, encouragement, and belief in this mission. None of this growth happens without you.

We also printed new shirts for this year. If you would like one, please let me know and I will make sure you get one.

Looking Ahead

Our goal for April is to raise **\$12,000** to keep our workshops free and expand our research. If you believe in building real connection and backing it with data, we would be grateful for your support.

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Thank you,

Ralph Fawaz

Executive Director

Tele-Hope