

AUGUST UPDATES TELE-HOPE 31 AUGUST 2026



THIS MONTH, OUR FOCUS WAS ON ALL INCOMING FRESHMEN AT THE UNIVERSITY OF WYOMING.

OUR MESSAGE TO THEM, WAS THAT THEY CAN BE THE DIFFERENCE HERE. NOT JUST FOR THE PEOPLE AROUND THEM, BUT FOR THEMSELVES TOO.

THESE WERE SOME OF THE BEST WORKSHOPS WE'VE HAD, WITH SO MUCH INTERACTION DURING THE SESSIONS AND GREAT CONVERSATIONS AFTERWARD.

DURING THE LAST SECTION OF ONE OF OUR WORKSHOPS, WHEN WE TALK ABOUT BEING PATIENT WITH YOURSELF, THINGS GOT PRETTY PASSIONATE... WHICH LED TO THIS PICTURE BEING TAKEN.

I WANTED EVERYONE TO REMEMBER TO BE PATIENT WITH YOURSELF, EVEN IF THAT MESSAGE HAD TO BE ASSOCIATED WITH SOMETHING A LITTLE UNUSUAL.

PART OF OUR RESEARCH AGENDA HAS ALSO RECEIVED IRB APPROVAL THANKS TO MOLLY BURCHETT AND IAN FLETCHER. WE WILL CONTINUE RESEARCHING OUR IMPACT ON ATTITUDES AROUND LONELINESS, CONNECTION, AND CONFIDENCE.

OUR MESSAGE TO THEM, WAS THAT THEY CAN BE THE DIFFERENCE HERE. NOT JUST FOR THE PEOPLE AROUND THEM, BUT FOR THEMSELVES TOO.

AS WE CONTINUE SPEAKING TO MORE STUDENTS, OUR NUMBERS ARE BECOMING MORE REFINED. WE ARE LEARNING HOW TO BETTER TAILOR OUR WORKSHOPS TO DIFFERENT AUDIENCES, AND WE HAVE SEEN SOME SIGNIFICANT CHANGES IN THE BELIEFS AND CONFIDENCE OF OUR PARTICIPANTS.

WE WILL SHARE ALL OF THE FINALIZED NUMBERS NEXT MONTH.

THANK YOU FOR CONTINUING TO BELIEVE IN TELE-HOPE AND HELPING US BUILD STRONGER, MORE CONNECTED COMMUNITIES. WE COULD NOT DO THIS WORK WITHOUT YOU.



WITH GRATITUDE,
RALPH FAWAZ

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