



Work2BeWell Monthly Newsletter

June 2025

Happy PRIDE Month! During June we're celebrating love, identity, and the power of being unapologetically you! Now it's more important than ever to continue to create and share resources designed to support LGBTQ+ teens and allies alike. Whether you're out, questioning, or learning to be an ally, you belong here—just as you are!

How Are You #Working2BeWell

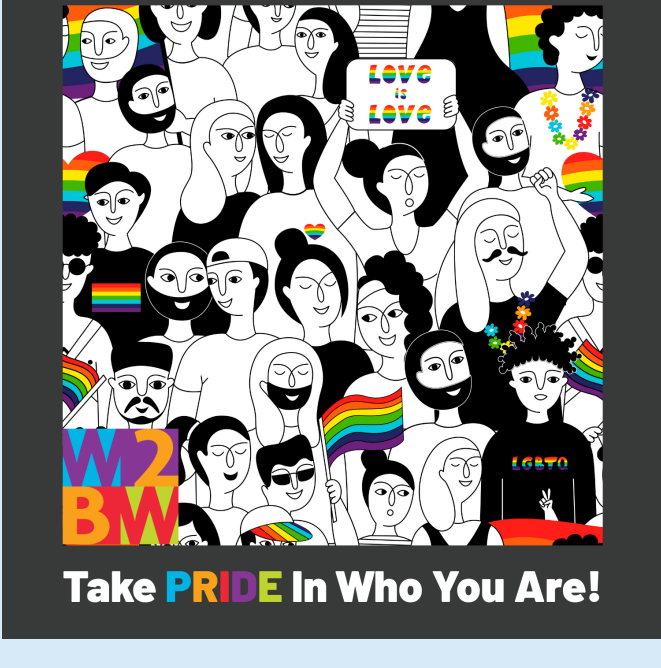
"Owning our story and loving ourselves through that process is the bravest thing we'll ever do."

— Brené Brown

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Reminder: Embracing your story and showing yourself love through the hard days is one of the bravest things you can do. Rest, set boundaries, and honor your journey. You're worthy of care just as you are!

What You'll Need for June



W2BW Self-Care Curriculum

With this module, students will learn about the eight types of self-care and why it's important. They will also get support in discovering what self-care looks like for them so they can proactively care for their own mental health.

[Click here to access 'Self-Care' PowerPoint Presentation, Facilitator Notes, and Activity Handout](#)

The Trevor Project

[The Trevor Project](#) is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people 24/7, all year round.



Talk2BeWell Podcast

Talk2BeWell dives into real mental health topics and gives students from across the nation a chance to share their voices. Our podcast creates space for needed conversations and helps teens foster connections and break stigma together.

Episodes honoring the LGBTQ+ community - [Ep 57: LGBTQIA+ and Mental Health](#)
[Ep 75: How to Be an Ally](#)
[Ep 149: PRIDE 2025](#)

Want to easily find episodes to accompany lesson plans and activities? Check out this ready to go list of all the [T2BW Episodes categorized by W2BW Curriculums!](#) This list is a great resource for Wellness Rooms!

W2BW Club Spotlight

Showcasing the growth and impact of W2BW Clubs in their local schools and communities.

Canandaigua Academy Mental Health Awareness Walk Written by Miriam Tricomi



Each year, Canandaigua Academy's Work2BeWell hosts a Mental Health Awareness Walk to raise money and awareness for mental health. The walk is complete with a silent auction, a DJ, and food trucks. Community members, clubs, and teams may choose to walk in honor of a specific person, but also may walk to support mental health and the general cause of Work2BeWell.

This year, they chose to support Safe Harbors of the Finger Lakes, which strives to provide resources and safety for those struggling with situations of domestic and sexual abuse or violence. During the 2025 walk, they raised over \$2500!

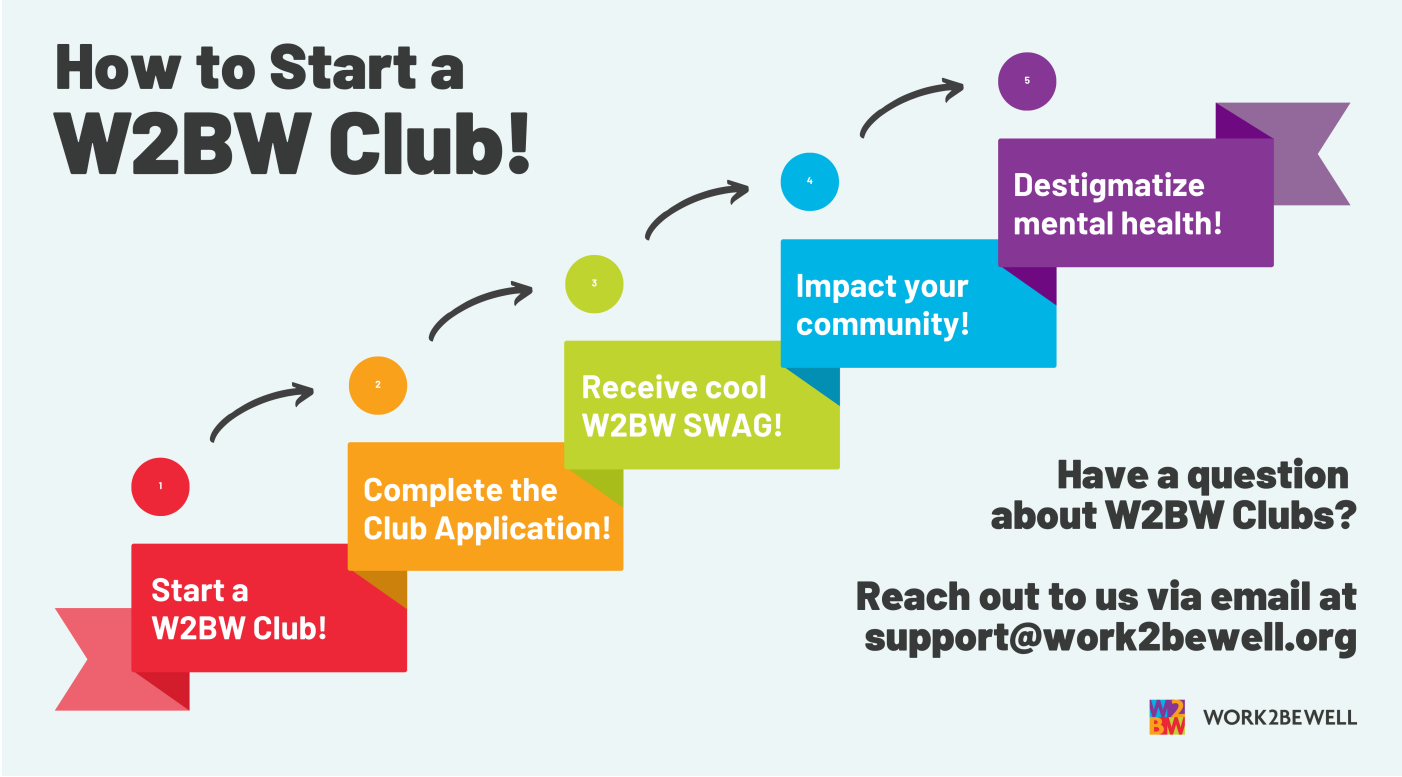
"The mental health walk is empowering because it brings the community together to support everyone and their mental health!" - Addie Eckert

** A note from Canandaigua Academy's Work2BeWell Advisors: Ashley, Kristen and Krista*

This was our 4th annual walk! We are so proud of our students for all of the hard work they put into every detail, from the DJ to the signs and the silent auction items! They reached out by email, phone and stopped in the stores on Main Street during their free time to ensure that we had everything we needed. This event is a huge group effort and we are so lucky to have the best group of students in our club!

We also had about 10 outside organizations here at tables handing out information on what they do and how they can help our community.

How To Start a W2BW Club



Starting a W2BW Club is easier than you might think, and it can really make a difference!

1. First, get a group of friends together who care about mental health and want to help.
2. Then, fill out an application to make your club official at [Work2BeWell.org](#). Once you're approved, you'll get some fun club swag like fidget spinners, stickers, and more to help spread the word.
3. After that, it's time to start doing awesome things in your community like hosting events, having real conversations, and fostering safe spaces.
4. Continue to be a changemaker, locally and beyond! Know that through your advocacy efforts and community initiatives you're helping to break the stigma around mental health, one club at a time!

Partnership Updates

Sharing the latest developments and engaging collaborations with our partners.

We're so grateful to our amazing supporters and partners who make this work possible in so many ways—whether it's spreading the word, inviting us to speak, donating goods and services, or providing grant funding. The list of helpers is long (and growing!), but here are a few we want to give a special shoutout to this month.



- EPIC Foundation
- META
- Seattle Sounders
- Cara Filler
- Georgia Association of Student Councils
- National Association for Student Activities (NA4SA)
- Kansas State High School Activities Association (KSHSAA)
- Virginia Student Councils Association
- National Association State Student Council Executive Directors (NASSCED)
- National Student Council - National Principals Association

MARK YOUR CALENDAR!

Important Dates	Details	Contact
Week of June 8th, 2025 NSAC Team Selection Notification	NSAC team selections will be announced this week. Selected participants will receive an email with team assignments and next steps.	W2BW Support Support@Work2BeWell.org
June 17th, 2025 NSAC End of Year Celebration	NSAC End of Year Celebration is a time to reflect, recognize everyone's hard work and celebrate a great year together!	Zoie Sheng, NSAC Advisor Support@Work2BeWell.org
August 23rd – 26th, 2025 NSAC Team Leads Retreat Seattle, WA	The NEW 2025-2026 NSAC Team Leads will meet in Seattle, Washington for a couple of days of bonding, training, and goal setting for the upcoming school year.	Zoie Sheng, NSAC Advisor Support@Work2BeWell.org

Testimonials



"I joined Work2BeWell's NSAC to help ensure that content and conversations regarding teen mental health are accessible and understood nationwide. To connect with other passionate students to create crucial wellness resources and destigmatize mental health has been an incredible privilege, and I highly recommend this program to anyone wanting to advocate for teen mental health on a far-reaching scale."

- Vivian Chen, NSAC 2024 -2025 Access Team Co-Lead

TESTIMONIALS

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Your Impact, Your Story

How are you using W2BW resources to make a difference in your school or community? Have they helped you start conversations, plan events, or bring people together around mental health? We'd love to hear how you're making an impact!

[Share your story with us](#) and be featured in an upcoming newsletter or on social media!



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