

## Founders Message

Dear Flawless Friends,

In early November, I had the incredible opportunity to participate in the Rosalynn Carter Symposium for Mental Health Policy at The Carter Center. While there, Elyn Saks presented one of the keynote lectures, at the end of which she quoted Sigmund Freud: "Love and work are the cornerstones of our humanness."



This quotation hit me in a profound way because at the time Elyn shared this wisdom, we were confronting monumental uncertainty; First in the mounting tension and divisiveness of the impending election, and secondly, in the devastating impact of Hurricane Sandy on our friends, colleagues and children in our Flawless community in New York City.

Since hearing those words, it has become increasingly evident to me that the healing power of love and regenerative power of work sustains me to move forward each day, especially as I confront some unfamiliar and dark places of our society. There isn't a day that goes by when I don't experience the love and generosity of our donors and volunteers, the courage and resilience of children who inspire us to action and the strength and dedication of super hero professionals who work on the front lines with them.

The most vibrant fuel of all is the gratitude that you will read about in this newsletter from people who have experienced firsthand the impact of our work and our message of compassion. It is these heart and soul connections that transform the countless hours and the grief into hope. It is this "work" that fosters grace and love. Our simple yet profound love and work have transformed moments and days and most importantly lives.

As we launch into the holiday season, my top gratitude for this past year at Flawless is for Love and Work: work that we love, and love in our work.

Wishing you the warmth of heart and soul connections this holiday season!

Gratefully,

*Janine Francolini*

Janine Francolini



The Carter Center with Gayathri Ramprasad, ASHA International and Daniel Fisher, M.D., Ph.D., National Empowerment Center.

## 12 Reasons to Celebrate Flawless 2012

We...

- Received the most amazing gift of donated office space in Portland, Oregon from our extraordinary corporate sponsors, Carroll Community Development.

- Expanded the number of youth served through our yoga programs to 120 students per week in NYC and Portland.

- Started 2012 having met our end of year goal of \$25k that was so generously matched by Flawless board member, Robin Janis who has pledged to match the same gift again for this holiday season.

- Celebrated children's mental health week at our third annual Perfection Party at Le Cirque in NYC.

- Trained 350 mental health professionals, parents and educators in Collaborative Problem Solving with Dr. Ablon of Mass. General bringing our total trained in NYC to 850 people in less than two years.

- Published regular Huffington Post blogs about wellness and compassion which were read by thousands of people.



- Witnessed hope for mankind to be free of brain disease through the inspiring work of Patrick Kennedy and Garen Staglin at the One Mind for Research Gala in LA with Tom Hanks, Glenn Close, and General (Ret.) Peter Chiarelli.

- Spread the Flawless message of compassion and prevention through our videos that were viewed by thousands of people. Stay tuned to Flawless TV for a new interview with Pete Earley, author of "Crazy" and Elyn Saks.

- Joined the national conversation at the Rosalynn Carter Symposium for Mental Health Policy. The critical topic for this year was *Beyond Stigma: Advancing the Social Inclusion of People with Mental Illness*.

- Sponsored the Yoga Service Council Conference at Omega Institute and the East Coast training of the Niroga Institute.

- Joined the Board of Directors of the Saks Institute for Mental Health Law, Policy, and Ethics at the USC Gould School of Law where the focus this year is on the criminalization of mental illness.

- Welcomed so many new corporate donors, volunteers, and friends to our Flawless family. We are overwhelmed with gratitude from the love and generosity that shows up for our community at every turn...marathon runners, corporate support, grassroots campaigns, unsolicited gifts through Facebook...the list goes on and on...

*Thank you Flawless Heroes and Angels who create life changing miracles with us everyday!*

## Feeling the Flawless Love

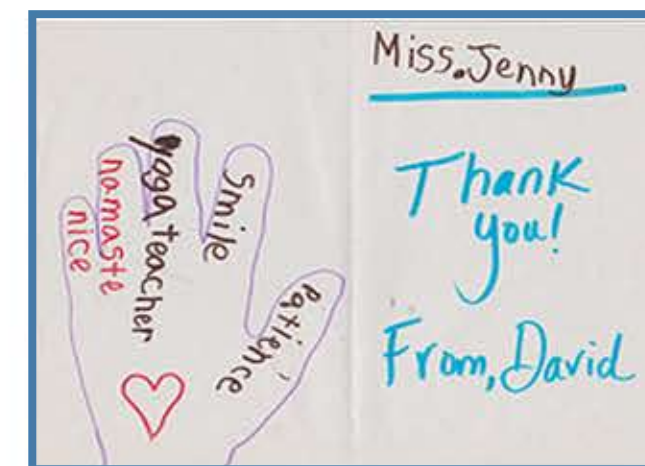
"I think this program calms me down when I am angry. Also it helps me bring out my inner feelings and even though my body is locked away the program makes my mind free to think and feel any way at any time. This program makes me feel better about myself. Thanks for all you have done for me." - **Gianna S.**



A Lineage Project participant in our summer intensive yoga/mindfulness program at a juvenile detention center.

"We are so very grateful to The Flawless Foundation for enabling us to teach every weekday in August. Our teachers loved seeing the incredible progress the youth made from having that level of intensity of classes." - **Beth Navon, Executive Director, Lineage Project**

"In June of 2010, I attended a Collaborative Problem Solving introduction hosted by the Flawless Foundation; it changed my life. At the time, my teen was experiencing severe depression and I was desperate for help. With practice, I was able to learn to articulate my concerns and listen to hers. The road was long and full of bumps. We almost lost her at one point. She worked hard, as did I to learn how to meet her needs. Today she is doing well. I want to thank the Flawless Foundation for what you do. Your sponsorship of that training has made a lasting impact on my life and that of many other families." - **Shauna, Founder, Involve Families**



A Thank you to our Flawless yoga teacher at The Pioneer Special School, Portland, OR

"Teacher Jenny, I need a copy of our yoga moves so I can take it with me to my new school, I don't want to lose my practice" - **Jacob F., 10-years-old**

"I have to say it's been a long time since we've had visitors who not only engaged the staff but who were genuinely interested in our work. We do a very difficult job and as a supervisor, morale and tone are my priorities

and it felt really good to hear such positive comments from you and your board members. On behalf of the staff and students we serve, thank you for everything you did for us the other day. Words cannot express our gratitude for what you have done for bringing yoga into our schools and for helping us to infuse mindfulness and wellness into the borough of Manhattan." - **Administrator at a NYC Alternative High School**

**Please spread the Flawless love by liking us on Facebook & following us on Twitter!**



## Shop Flawless



Our friend, super model Sarah DeAnna wearing her favorite Flawless necklace.

Please shop Flawless for your holiday gifts and in addition to supporting our work, your gift will remind your friends and family of their “Flawlessness”.

Huge thank you to Urban Milan for listing our necklaces designed by Haley M. in their Holiday Gift Guide.

[www.flawlessfoundation.org/shop](http://www.flawlessfoundation.org/shop)

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Dr. Stuart Ablon, Thinkkids at Mass. General & Dr. Jon Snyder, Bank Street College of Education



## Flawless Happenings



Last Year, we celebrated the Holidays in LA with Moby at Fred Segal and thanks to our friends we are back in town on 12.12.12. Come join us!

Left to Right: Janine Francolini, Abbey LeVine, Moby, Debi Mae West, Tara Dixon



Special Thanks to  for sponsoring a holiday party for us in Portland!

All gifts up to \$25,000 received from November 15th – January 15th will be matched by a generous gift from our dear friend & board member Robin Janis.

Please send this form with your check to:

The Flawless Foundation, PO Box 5183, Portland, OR 97208

...or donate directly on our website: [www.flawlessfoundation.org/giving](http://www.flawlessfoundation.org/giving)

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☐ \$25 ☐ \$50 ☐ \$100 ☐ \$500 ☐ \$1000 ☐ Other \_\_\_\_\_

The Flawless Foundation is a 501 (c) 3 recognized charity.

Contributions are tax deductible to the extent allowed by law.