GRATITUDE

Dear Team Flawless,

Thank you for your vital support of our work over these past several years to offer mindfulness practices to incarcerated and high-risk youth. From the summer of 2012—when you gave us the initial grant to offer an intensive month long mindfulness program to youth incarcerated in a New York City juvenile detention center—until now, your support allowed us to give these young people the precious gift of experiencing a "retreat-like" experience, deepening their learning and practice.

We were honored when we were chosen to be "Flawless Fellows," which has taken our professional development to a higher level, and has enabled us to attend numerous training conferences with Dr. Stuart Ablon and Dr. Bruce Perry, renowned experts in trauma, and creators of positive approaches for high-risk youth. As Fellows, our teachers have participated in The Yoga Service Council conference and the Off the Mat, Into the World leadership training. Our teacher, Gina, writes of her experience:

"It was simply and truly transformative and I was inspired by the idea that if we can truly change ourselves, the work we do with the young people will be enlivened with a stronger and truer purpose."



Seane Corn and Gina de la Chesnaye

Finally, we have begun teaching at a high school where many of the students have had histories of truancy, suspensions, and incarceration. Flawless' intention here was to have Lineage work in a school where the staff and safety officers were already trained in Collaborative Problem Solving. This has furthered Flawless and Lineage's shared mission to truly transform the environment for the students.

We have always been in awe of the synchronicity between our missions. Our work together on behalf of the most vulnerable youth has been powerful, successful, and gives me hope. Together we can help others to see these children as full of beautiful promise and possibilities, instead of ostracizing them.

There are not words to thank you, Janine, and the board, enough.

In gratitude,

Beth Navon

Executive Director, The Lineage Project



BI-COASTAL COMMUNITY LOVE

We are grateful for the pockets of community support that we have across the country. In the spring, Yoga Pearl in Portland held a benefit yoga class with live music to help fund our yoga classes at the Pioneer Special School. Along with our friends at Nike, they also donated mats for our yoga program.

Our longtime supporter, Christine St. Pierre, traveled from NYC to run the Nike Half Marathon for Flawless in San Francisco. We were so happy to be there to celebrate with our bay area community and our dear friend Lupe Carranza, who flew from LA to be the chief Flawless cheerleader.



Janine Francolini, Christine St. Pierre, and Lupe Carranza

For the 5th consecutive year, The Burlington Tower and its residents are helping to provide a Thanksgiving meal to the families of the Pioneer School, our pilot site. We are grateful to Tonya Hobbs who helps to organize the food drive, which is an inspiring event serving 300 children and their families. Tonya had the opportunity to attend the meal last year and said it's a cause that is easy for residents to get behind. "It was really wonderful to see just how thankful they were to have a warm, good meal, For many families, this may be their only Thanksgiving meal." Tonya said that every year she has seen growing support for the food drive, and that residents appreciate being able to support a local cause. In addition to the Thanksgiving food drive, The Burlington Tower organizes a school supply and holiday toy drive. We look forward to continuing to partner with the generous, community-minded residents and team at The Burlington Tower to infuse some warmth and light into the Pioneer School community.

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

SHOPPING FOR FLAWLESS

Please shop Flawless for the holidays. In addition to supporting our work, your gift will remind your friends and family of their "Flawlessness." Buy a Flawless necklace as your good luck charm and 50% of the proceeds will benefit our community. In addition, our friends at Moorea Seal have chosen Flawless for their Children's Needs non-profit. 7% of every sale from select designers goes directly to us. Check them out for more info and feel Flawless in their wonderful designs! You can also donate by choosing Flawless Foundation as your charity at AmazonSmile and .5% of every purchase will be donated to support our mission.

Please send this form with your check to: The Flawless Foundation P.O. Box 5183 Portland, OR 97208
or donate directly on our website: www.flawlessfoundation.org/giving Name Address
City State Zip Phone E-mail
\$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.

FOUNDER'S MESSAGE

Dear Flawless Friends,

As we launch into this season of gratitude we pause to reflect on this past year and all of our flawless bounty. We are grateful for two gifts that punctuated this year for us...

Listening & Speaking!

Listening to you, our friends, our supporters, our children of Flawless, as you have shared over and over again with us about the powerful impact of our message of seeing the perfection in every child and embracing the idea that everyone is flawless. It is always heartening for us to receive an e-mail or hear directly from someone that our message has inspired them to feel hope or has helped in the healing process.

This year has been dedicated to articulating and expanding our compassionate message of educated awareness. We were invited to speak and present at numerous mental health events and our Huffington Post blogs continued to be well circulated. Two highlights in 2014 were testifying in front of the Oregon state legislature and having our blog about NAMI NYC's I Will Listen campaign featured at the top of 350 news articles with the NY Times, Reuters, and the Wall Street Journal in their award video. Drawing from this powerful response to our advocacy work and social media efforts, we look forward in 2015 to expanding our reach in supporting preventative and holistic approaches to mental health along with our ongoing public dialogue to change the face of mental illness in our culture.

At this time of thanks, we are grateful for all that you continue to do to help us amplify our voices so we can shed more light and love on the cause of mental health, and bring this last frontier of civil rights home to everyone, not just for the holidays, but every day of the year in our societal attitudes and our public policies. And for the capacity to do this and more, to speak and to listen, we give a flawless thanks to you.

Gratefully,



Janine Francolini

Founder



TOP 10 REASONS TO CELEBRATE FLAWLESS IN '14

We...

- 10 ... produced 8 mental health awareness videos & were featured in the "I Will Listen" Award video.
- 9 ... launched the Flawless Fellows program with The Lineage Project, providing yoga classes for at-risk youth, & professional development for the Lineage team.
- 8 ... celebrated 5 years of Flawless yoga classes at the Pioneer Special School in Portland.
- ... had the honor of being the keynote speaker at the NAMI Oregon luncheon.
- 6 ... received a six-figure gift from long-time Flawless supporter & board member, Robin Janis for the 2nd consecutive year.
- 5 ... were sponsors of PeaceLove Studios' Mental Wellness Speaker Series, where we were invited to speak & presented "Flawless Secrets" at "Catalyst Week" in Las Vegas.
- 4 ... had the privilege of endorsing two books by mental health advocates: Liza Long's, The Price of Silence & Gayathri Ramprasad's, Shadows in the Sun.
- 3 ... wrote 18 blogs for the Huffington Post, & even had a "Wow" tweeted by actor Eric McCormack in response to our piece about the Saks Institute's Fall Symposium.



Eric McCormack @EricMcCormack

"@flawlessgrats: @HuffingtonPost piece about your amazing role @USCGouldLaw's symposium last wk. Thank U! fb.me/1pvuSRvkA" Wow!

05:57 PM - 11 Oct 14

- 2 ... began collaborating with Dr. Marc Brackett, the Director of the Yale Center for Emotional Intelligence, & Co-Creator of The RULER Approach to Social & **Emotional Learning.**
- 1 ... testified in front of Oregon legislature with a group of education, mental health, & juvenile justice experts about outcomes for students with behavioral challenges.







Please spread the Flawless love by following us on Facebook, Instagram & Twitter @flawlessgrats

SAVE THE DATE!

JANUARY 20TH, 2015

Dr. Marc Brackett, Director, Yale Center for **Emotional Intelligence and Co-Creator of** The RULER Approach will be joining us in Portland, Oregon for a public discussion about Social and Emotional Learning.



awareness as he begins the RULER training for 120 educators

REVOLUTIONARY ADVISORS

We are fortunate to have revolutionary leaders in the fields of mental health, education, and advocacy on our board and advisory boards. Congratulations to our advisors who contributed so much to our cause this year.

Marc Brackett presented at the Federal Bullying Prevention Summit for the US Department of Education.

"We must move beyond bullying prevention to skills based social and emotional learning practice" - Marc Brackett.



Patrick Kennedy, Janine Francolini, and Mike Thompson

Chantel Garrett founded the National Psychosis Prevention Council.

Vice Chair, Mike Thompson presented for the second time on workplace mental health at Patrick Kennedy's, Kennedy Forum.

Ross Szabo taught his mental health curriculum at Lady Gaga's Born This Way Foundation's, Born Brave Retreat.

Jon Snyder moved from his post as the Dean of Bank Street College to his new position as the Executive Director of The Stanford Center for Opportunity Policy in Education.

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