

GIVING

Please shop Flawless for the holidays. In addition to supporting our work, your gift will remind your friends and family of their “Flawlessness”.

www.flawlessfoundation.org/shop



Samantha




Sheila Hamilton,
KINK FM

From kids, to super models to radio host celebs, everyone loves their Flawless Necklace. Buy a necklace as your good luck charm and fifty percent of the proceeds will benefit Flawless.

“My Flawless Necklace has become like a good luck charm. Whenever I wear it—which is almost every day—people comment on it, often saying the word, “Flawless” out loud. I can see on their faces the recognition of that word—what it means to them, and the idea that it is even possible to be flawless. I have always been intrigued by the work of Masaru Emoto and the notion that putting words and concentrated attention/intention on water, changes the composition of that water. Our bodies are over 50% water, so it must follow that having a word like “Flawless” on our body actually could lighten and shift the composition of our cells! This necklace is so much more than a pretty trinket with a word on it. It is the possibility of transformation in a conversation with another person, and even in one’s own body! I know that sounds a bit dramatic for a simple necklace, but I’ve been wearing it for a year, and I’ve had the most beautiful interactions about flawlessness because of the necklace and am always present to my own beauty and perfection whenever I am wearing it.”

Alissa Hauser,
Executive Director, Pollination Project

All donations up to \$25,000 will be matched by our Flawless board member, Robin Janis. Please give generously during this season of gratitude!



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

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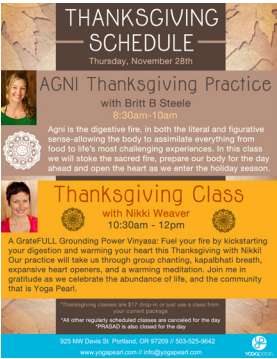
☐ \$25 ☐ \$50 ☐ \$100 ☐ \$500 ☐ \$1000 ☐ Other

The Flawless Foundation is a 501 (c) 3 recognized charity. Contributions are tax deductible to the extent allowed by law.



Giving the Gift of Yoga

On Thanksgiving Day, Yoga Pearl will be launching a Giving Yoga campaign through New Years Day to raise funds for our yoga programs for our kids of Flawless at the Pioneer Special School. The person who makes the largest donation will be gifted with a one month unlimited class card to Yoga Pearl.



Huge gratitude to Yoga Pearl for their community support.



Come join the #GivingTuesday party on the Tuesday after Thanksgiving to celebrate and support our work!

Honoring a Flawless Leader, Robin Janis

Robin Janis has been a long time supporter of Flawless, being not only our largest benefactor but also a key member of our board of directors for over three years. Robin has a huge heart and remarkable ability to see the perfection in everyone, bringing that radical acceptance, compassion and understanding to everyone she touches. Having devoted her entire career to being a yoga teacher and the healing arts, Robin’s vast knowledge in the field, coupled with her personal experiences in the area of mental health, have made her an invaluable asset to our team.



In 2013, Robin expanded her support of our work with a very generous one hundred thousand dollar gift. We would not have been able to grow without Robin’s commitment to Flawless, and during this season of gratitude, we shine the brightest light on her philanthropic activism. Thank you dear Robin, our Flawless heroine.

“The gifts to me of serving the Flawless Foundation far outweigh anything I have done for this revolutionary organization. Flawless is love, truth and hope in action and every dollar that I have donated flourishes into what feels like a million dollars in impact. I choose to put all of my philanthropic time and resources into the Flawless Foundation because they are pioneering a future for all of our children. They venture to places where very few dare to go and they shine light and celebrate the “perfection” in us all.”

- Robin Janis

Founder’s Message

Dear Flawless Friends,

This holiday season we have so much to be grateful for and to celebrate. We took a significant step in 2013 by formally integrating our holistic approach in a deeper way, experiencing “wholeness” in all aspects of our work. Based on the incredible success that we witnessed with our children’s yoga/mindfulness programs, combined with the training of the adults in our community in Collaborative Problem Solving, we accomplished the following:

We brought together Dr. Stuart Ablon, Director of Think:Kids, based out of Mass General/Harvard Medical School, and Hala Khouri, trauma and mindfulness expert at Bank Street College in New York City for a training including parents, educators, yoga service and mental health professionals.

The integration of this work continued in San Francisco where we sponsored the Empowered Youth Initiative of Off the Mat Into the World. We supported the EYI video documenting the healing power of yoga and mindfulness with at risk youth and also sponsored Erik Kola, RN, as a presenter about the Collaborative Problem Solving approach to the participants.



Janine Francolini, Hala Khouri, Seane Corn and DJ Drez at a yoga benefit class in Los Angeles

We are looking forward to expanding this work in 2014 to heal even more children and families. Of course, none of this could ever be accomplished without you, our Flawless Family. Your support sustains and inspires us every single day.

Wishing you much “wholeness” during this season of gratitude and light.

Janine Francolini

Janine Francolini, Founder

Dr Ablon and Hala Khouri’s comments on our integrated approach:

“It was wonderful to train alongside Hala as we explored the integration of our Collaborative Problem Solving approach and mindfulness and yoga. It is clear that the more we adults can find ways to self-regulate, the easier it will be for us to learn and access new strategies. Thanks to Flawless for fostering this exciting collaboration!”

Stuart Ablon, PhD

Director Think:Kids, Mass. General/ Harvard Medical School

“I really appreciated Dr. Ablon’s whole framework around Collaborative Problem Solving. For me, my biggest takeaway from that was finding a way to be in a relationship with the kids that we are working with, rather than in a hierarchy that reinforces their behavior challenges. It was really inspiring to present the mindfulness tools with him that allow us to be in a relationship with ourselves so we can foster that with the kids we are interacting with.”

Hala Khouri, MA,

E - RYT Co Founder Off the Mat Into the World, Somatic Therapist

13 Reasons to Celebrate Flawless in ‘13

- We began 2013 with sponsoring the Oregon Child and Adolescent Psychiatry Conference featuring Drs. Ablon & Perry
- We were tweeted by the Kennedy Forum as mental health champions in a list that included VP Biden, Chelsea Clinton, Brandon Marshall, Chris Matthews, Arthur Evans & Paul Rieckhoff
- Our Flawless Ambassador, Super model Sarah DeAnna, chose Flawless to be the charity to benefit from her book launch in Los Angeles and at an event in Portland. We also shared space with her in About Face Magazine’s Fashion Issue, where she was the cover story and our article was about being children’s heroes
- We wrote 13 Huffington Post blogs on mental health
- As a result of a seed that Flawless planted in our work in NYC, 5,000 School Safety Agents along with many Family Court Judges were trained by Dr. Stuart Ablon in Collaborative Problem Solving
- We expanded our yoga program serving students in special schools in NYC and Portland
- We were sponsors of the Inaugural Kennedy Forum at the JFK Library in Boston with the Vice President, Secretary Sebelius & Brandon Marshall as the keynote speakers
- For the fifth year our corporate sponsor, Burlington Tower, supported a Thanksgiving dinner for 300 children and families at our pilot site
- Our Huffington Post blogs regarding Dr. Phil’s discriminatory language concerning people with mental illness went viral and were listed as the most popular blog on the Mental Health Section for weeks
- We attended two important events at the Saks Institute focusing on the criminalization of mental illness, and mental illness in college age students with Patrick Kennedy & Elyn Saks
- Flawless collaborated with NAMI NYC on the #iwilllisten campaign and funded four new videos
- Zing Bars chose us as their charity in partnership with Whole Foods’ Partner in Change program where we were featured in every Whole Foods store in the Pacific Northwest for two months
- Flawless was in attendance at the Carter Center for the historic announcement by Secretary Sebelius of the new mental health parity regulations



Kennedy Forum tweet



Board member, Pierre Hauser & Eric Logan at Sarah DeAnna’s book launch



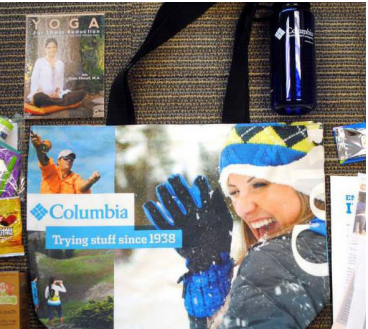
Brandon Marshall, Patrick Kennedy, Ted Kennedy Jr. and Janine Francolini at the Kennedy Forum in Boston



Elyn Saks, Janine Francolini, Patrick Kennedy & Dean Robert Rasmussen at USC Gould School of Law

Wellness Sponsor

In June, we were the wellness sponsors for a child psychiatry conference with Dr. Bruce Perry, MD, PhD Senior Fellow of the Child Trauma Academy who presented to 300 mental health professionals, educators and parents. We provided wellness breaks during the day including breathing, yoga, aromatherapy and meditation. Our corporate sponsors were very generous, donating wellness bags that included many tools for self care and health. The feedback from the participants was overwhelmingly positive and we look forward to being the wellness sponsors again for a conference with Drs. Perry and Ablon in January.



Our corporate donors for the Wellness Bags

A social worker who attended shared, “Thank you for the wellness bags and breaks. It was great to put into practice what Dr. Perry was teaching, like self regulation, taking breaks, moving our bodies and breathing.”



Our team delivering yoga mats for wellness breaks at the conference.

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