



Embrace Health Foundation

The Embrace Individuality Campaign

EmbraceHealthFoundation supports the health and wellness of children and youth according to our self-esteem code. Resilience and wellness for children is best practice in all ways as we leverage past this time. Supporting their development of mindfulness practices and supporting their time to reflect and be expressive encourages their own expressions of individuality.

As each child and youth sets to thrive and stay resilient EmbraceHealthFoundation is here to support them and their families.

As advocates and researchers in the sphere of self-esteem our data sports key insights into the relevance and stimuli that influence their self-esteem and their health and wellness. Please support your child and youth to develop daily personal ways to reduce stress and practice mindfulness. These key practices build positivity and a sense of self-regulation in an everchanging world.

Encourage and validate their expressions ongoing and building the best rapport possible with them as it supports their personal belief in themselves and reduces feeling of stress and mistrust that has been a common feeling for youth most recently. Keeping momentum and autonomy in perspective supports their little or bigger choices and supports a reduction in powerlessness that has been a theme that is turning more expressive in general right now.

Encourage individuality and the reflections to believe in themselves. Join us for our programs, events and forums and resources. Visit EmbraceHealthFoundation.ca

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