

FOR IMMEDIATE RELEASE

**The Quinn Family Future Foundation is providing \$150,000 over five years to Strong Minds Strong Kids, ensuring at-risk children gain vital coping skills for their mental health**

Toronto, ON - April 30, 2024 – The Quinn Family Future Foundation is ensuring at-risk children are given the vital coping skills they require for their mental health with a five year \$150,000 commitment to Strong Minds Strong Kids, Psychology Canada. Strong Minds Strong Kids is a national charitable organization focused on promoting positive mental health outcomes for children and youth. The Quinn Family Future Foundation is supporting the expansion of Stress Busters which merges evidence-based stress management techniques from the renowned Kids Have Stress Too! program with an engaging peer-to-peer support element.

"We are deeply committed to supporting at-risk youth and advancing education. Understanding the connection between good mental health and education is paramount and why we are proud to support Strong Minds Strong Kids and their Stress Busters program," said Mike and Francisca Quinn from The Quinn Family Future Foundation, "We believe that providing children with essential tools to navigate life's challenges will help them thrive personally and academically."

Thanks to previous funding from The Quinn Family Future Foundation, Stress Busters was developed for children in grades 4-6 (ages 8-12), to offer a dynamic curriculum designed to equip participants with effective tools to manage stress, fears, and worries. Since the inception back in 2021, 1,000 children have participated and benefitted from this intensive 8-week program.

"We are immensely grateful to The Quinn Family Future Foundation for their generous and long-term support, which enables us to expand access to this critical program to more children from at-risk communities," Jessica Goldberg, Chair of Strong Minds Strong Kids expressed, "Their commitment to youth empowerment aligns perfectly with our vision of fostering mental well-being among children."

The eight-week program will consist of weekly one-hour sessions, covering a range of topics essential for stress management and resilience-building. From understanding stress to practicing deep breathing and problem-solving, Stress Busters empowers children to develop crucial coping skills that will benefit them academically and personally. Upon completion of the program, children will not only gain a deeper understanding of stress and stress management but also acquire practical coping skills that will serve them well into adulthood. This funding will help support the goal to increase reach five-fold and have another 5,000 at-risk children participate in Stress Busters over the next five years.

"At the heart of Stress Busters is the belief that every child deserves the opportunity to thrive," added Anne Lovegrove. "Through this program, we aim to empower children with the knowledge and skills they need to overcome challenges and lead fulfilling lives."

For more information about Strong Minds Strong Kids and the Stress Busters program, please visit [www.strongmindsstrongkids.org](http://www.strongmindsstrongkids.org).

**About Strong Minds Strong Kids, Psychology Canada:** Strong Minds Strong Kids, Psychology Canada is national a registered charity celebrating 50 years of using psychological science to benefit Canadians. Their mission is to nurture resilience in children by providing infants, children, and youth with the psychological well-being to thrive emotionally. A small, national staff, along with support from many volunteers, make it possible to develop and deliver several psychology-based proven programs and resources to local communities across Canada. The organization is led by a volunteer board of prominent psychologists, and business and community leaders.

[www.strongmindstrongkids.org](http://www.strongmindstrongkids.org)

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