



**be a  
mindleader<sup>™</sup>**



Talk to your Kids About Mental Health

**Start the conversation this holiday season.**



- What is the best holiday experience you can remember?
- What are you most grateful for this year and why?
- What is the coolest gift you have ever given someone and why?
- What makes you stressed the most during the holidays?
- What kind of goals would you like to set for 2025?