ORGANIZATION’S LETTER HEAD/LOGO

Date:

Dear Parents and/or Guardians:

Your child is involved in the Healing of the Canoe [USE THE NAME OF THE CURRICULUM, CLASS, PROGRAM, CULTURE CAMP, ETC., IN WHICH THE Healing of the Canoe CURRICULUM IS BEING PRESENTED] program. The program goal is to give youth the skills they need to navigate their life’s journey safely without being pulled off course by alcohol and drugs. This is done by helping them become more involved with their tribal culture, traditions, and values, which we believe can help prevent substance use and help them cope effectively with other life challenges.

One of the areas that is involved in the program is to help youth deal with negative emotions like stress, anxiety, and depression. An important topic in dealing with depression is the possibility of suicide. Because of this, the program has a number of sessions that focus on coping with negative emotions, recognizing the signs of potential suicidal thoughts, intentions, or plans in oneself or in others like friends or family, and what to do if you see someone struggling with the idea of taking their own life. These are very sensitive and sometimes difficult topics to discuss.

We wanted to let you know that we will be starting these sessions soon. Please be supportive of your youth as we deal with this sensitive topic. Also, please be aware and open to talking with your youth about this topic if it is brought up. We also encourage you to become familiar with resources in your community that can serve as support for youth and family members who may be struggling with suicidal issues, or the aftermath of a suicide in the family or community. [COULD PROVIDE A COPY OF THE LOCAL RESOURCE LIST FOR THE COMMUNITY].

If you have any questions or concerns, please call our program at xxxx.

Thank you in advance for your ongoing support of your youth and of the community. It is very much appreciated.

Sincerely,