



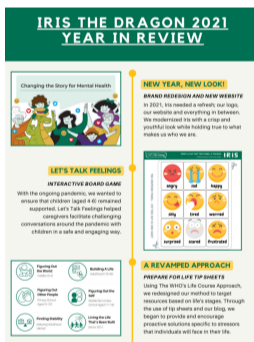
Helping Teens Set New Year's Resolutions

The new year is approaching, and many of us are making our annual New Year's resolutions — goals we hope to consistently work toward in the coming year. Whether they are big or small, short- or long-term, having goals can be an important part of maintaining a healthy and meaningful life.

Goal-setting is especially important for adolescents. Teenagers are in a stage of life where everything is changing, and the future for them can feel unpredictable. Choosing, and consistently working towards, goals is a critical life skill that will set your teens up for future success. Helping your teen set New Year's resolutions is a great way to encourage them to start practicing this valuable skill. Download our tip sheet to learn more.

[Download](#)

What A Year We Had!!



2021 was a busy year for Iris. From a new look to new products, we accomplished more than we ever thought. As we open 2022, we reflect on our most notable achievements of the past year and look forward to continued growth this year.

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Support Iris the Dragon

At Iris, our mission is to develop accessible tools and products to help practice good mental health and wellness throughout one's life. To date, we have successfully donated \$1.2 million worth of resources and with your support, we can grow further!

A generous gift of **\$10 CAD** (or foreign currency equivalent) can cover the cost of a printed book donation to a school or frontline mental health organization.

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