

# Beads of Courage® Bead Strong Program

## Description

The Bead Strong Program was created to provide an experience in mindfulness. Mindfulness is achieved when an individual is able to calmly focus, be aware and accept one's own thoughts and feelings. Each Bead Strong activity uses several different tools including mantras, art, breathwork and beads to promote mindful practice.

## Purpose

The purpose of the Beads of Courage Bead Strong Program is to provide an experience in mindfulness by incorporating the tools listed above to support psychosocial and emotional well-being of anyone experiencing stressors in their lives. Adults and children alike can share in this experience. The themes can be used to address stressors related to illness, change, grief and bereavement, siblings support and more.

## Goals

- Opportunities of self-reflection/self-awareness
- Improved communication
- Avenues for creative expression and movement
- Anticipatory grief/ Grief & bereavement support
- Encouragement and support for siblings
- Increased positive coping techniques
- Social and emotional support
- Focus on the "whole self" (mind, body & spirit)
- Strengthened sense of self and identity& improved self-esteem
- Support to anyone at any age that are impacted by illness/death
- Increased sense of hope and resilience
- Healing through art





# What is included in the Beads of Courage Bead Strong Program?

Bead Strong includes:

- Bead Strong activity
- Corresponding Mantra Bead
- Mantra Collector's Card
- Courage Clip with string and BOC logo bead
- Extra beads for stringing
- Facilitator's Guide\*

\*This comes with the bundle. If needed for workshop, please note prior to ordering

## There are 2 options for ordering Bead Strong:

**Bead Strong Individual (individually packaged & supports 1 participant) - \$10/each**

Custom order - Please contact us - Mailed to participant from BOC

**Bead Strong Bundle - Variety pack of 50 (supports 50 participants) - \$325/\$6.50pp**

Order here:

<https://bit.ly/beadstrongbundle>

Interested in all the themes? Please contact [programs@beadsforcourage.org](mailto:programs@beadsforcourage.org) for information

