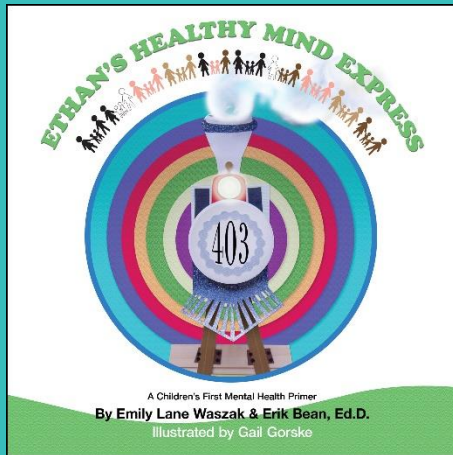


# BASED ON THE AWARD-WINNING BOOK, *ETHAN'S HEALTHY MIND EXPRESS*:

*A Children's First Mental Health Primer*



A WELCOME CERTAINTY FROM ALL THE  
PANDEMIC UNCERTAINTY

“A SUPPORT  
SYSTEM TO  
BENEFIT  
MOST  
EVERYONE!”



Zero in on meaningful storytelling sessions from a variety of guest authors and student show & tells



Children compete in story writing and poetry contests recognized in social networks and valuable prizes



A unique program that changes from week to week created with students and faculty in mind!



“ALL  
ABOARD!”



## HEALTHY MIND EXPRESS<sup>SM</sup>

**Zoom Room Mental Wellness  
Writing & Story Telling Series**

for Students and Teachers! Sign up for an hour session today. <https://ethanbean.org/zoom>

**Schedule an hour session when it is convenient for your students or faculty.**



# ONE FOR STUDENTS, ONE FOR FACULTY AND/OR PARENTS

JOIN US FOR A "TRAIN" RIDE DESIGNED TO KEEP THE COMMUNITY ON TRACK...

Join the **Healthy Mind Express** on an interactive journey designed to engage students (and a separate one to help parents and faculty) cope with the "new normal." Integrate this exciting ride either before or after school or anytime convenient for the people that depend on your teaching and parenting insights. Lessons include but are not limited to:

- Mental Health Short Story and Poetry Writing
- Writing for Publication in Social Networks
- Engaging Book Reading & Story Telling
- Papercutting Artwork as Shown in *Ethan's Healthy Mind Express*
- Student Show & Tell for Pets/Hobbies
- Interactive Crossword Puzzle Challenges
- Yoga and Mindfulness by certified instructors
- Interviews with creative as well as mental health professionals.
- Initial program includes paperback or eBook
- Call **248-270-2974** or email [info@ethanbean.org](mailto:info@ethanbean.org) for pricing options

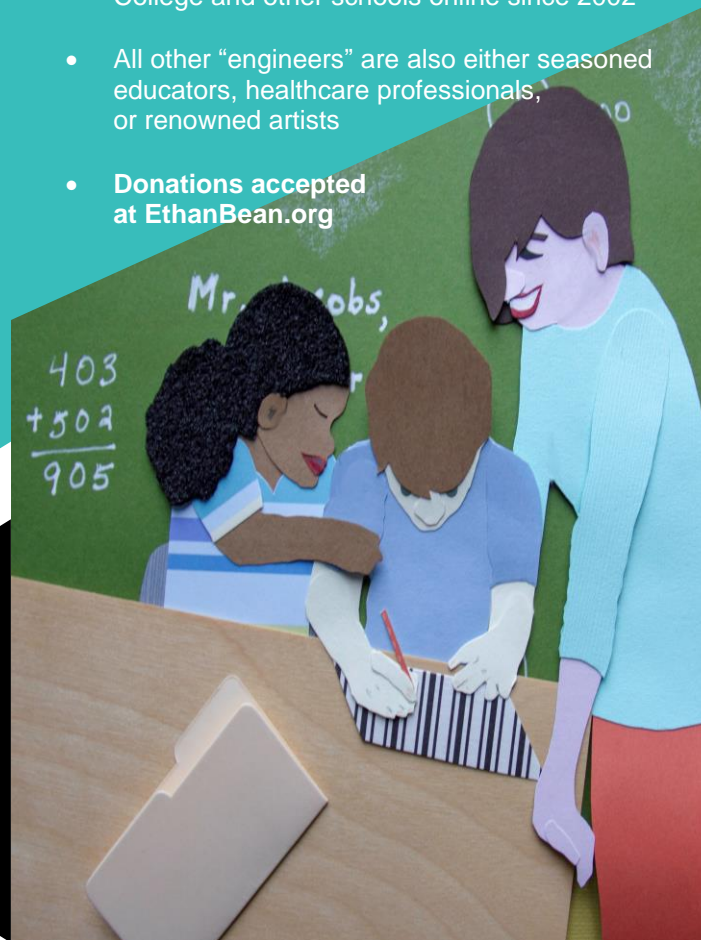


Remembering Ethan Bean (shown here with his dad Erik in 2018)

Healthy Mind Express © 2020 EBMWF

ALL HEALTHY MIND EXPRESS ZOOM PROGRAMS ARE HOSTED BY PERSONNEL WITH YEARS OF ONLINE TEACHING & PEER REVIEWED PUBLICATION EXPERIENCE!

- Program "Conductor" Erik Bean holds an M.A. in journalism, a doctorate in education, and has taught at Wayne County Community College and other schools online since 2002
- All other "engineers" are also either seasoned educators, healthcare professionals, or renowned artists
- **Donations accepted at [EthanBean.org](http://EthanBean.org)**



## A MINDFULNESS SERIES TO PROMOTE BETTER MENTAL HEALTH & VITALITY

Presented by the Ethan Bean Mental Wellness Foundation, a Michigan 501(c)3 public tax-exempt charity. Based on Ethan's Healthy Mind Express!

- "Award-Winning Finalist in the Children's Picture Book: Softcover Fiction category of the [2020 International Book Awards](#)"

-- **American Book Fest, 11th Annual Award Sponsor**

- "Three Certificates of [Excellence in Children's Literature](#), Honorable Mention Picture Books, 6 & Older, Best Illustrations, School Issues, Ethan's Healthy Mind Express,"

-- **2020 Purple Dragonfly Book Award, Story Monsters Magazine**

- "Takeaway: This beautifully illustrated picture book about troubling thoughts, feelings, moods, and urges will help teachers start conversations about supporting friends through mental and emotional challenges. Great for fans of Elizabeth Swados's *My Depression*, Shaun Tan's *The Red Tree*."

-- **Publisher's Weekly, August 17, 2020**