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RELEASE DATE:

For Immediate Release

New Children's Emotions Journal by Canadian Authors Promotes Self-Discovery and Mental Health Awareness

Ottawa, ON, January 24, 2024 - Canadian authors Brian Nolet and Dave Mossman, under the name The Buddyz, are proud to announce the highly anticipated release of their Jungle Journal on Wednesday, January 24, 2024, in conjunction with Bell Let's Talk Day. The Jungle Journal serves as a valuable tool to supplement the impactful Jungle Buddyz book series, which aims to empower young hearts and minds by addressing various social-emotional issues.

Designed to promote self-discovery, personal growth, and improve communication skills among children, the Jungle Journal is an emotions journal that encourages young readers to reflect on their experiences, express themselves freely, and cultivate a deeper understanding of their thoughts and emotions. By incorporating interactive activities and thought-provoking prompts, the journal fosters a safe and nurturing environment that facilitates children's emotional development.

As part of their commitment to mental health and well-being, The Buddyz will be donating 100% of the profits from all Jungle Journal books sold on January 24, 2024, to Kids Help Phone. Kids Help Phone is a Canadian non-profit organization that provides confidential support for young people aged 5-29. They offer phone and online counseling services, as well as information and resources on various topics such as mental health, bullying, relationships, and more.

"We are thrilled to introduce the Jungle Journal to complement our beloved Jungle Buddyz book series," said Brian Nolet, the co-creator of The Buddyz. "We firmly believe in the power of self-discovery and open dialogue, and the Jungle Journal provides a unique platform for children to explore their thoughts, express themselves, and further their mental and emotional growth. By donating all profits from Jungle Journal sales on Bell Let's Talk Day to Kids Help Phone, we hope to contribute to the important work in destigmatizing mental health and promoting a more supportive society."

Notably, The Buddyz recognizes that not every individual has a little one around to gift this journal to. Therefore, The Buddyz are excited to offer an alternative way for those interested to contribute to a meaningful cause. We have created a "Wishlist" on Amazon where anyone can purchase journals from the list. All copies purchased from this wishlist will be donated to a school class in need, ensuring that children who may not have access to such resources can still benefit from the positive impact this journal has to offer. Together, let us make a difference in these young students' lives and help unlock their potential through self-expression and gratitude.

The Jungle Journal will be available for purchase on Amazon Canada starting Wednesday, January 24, 2024. Parents, educators, and all advocates of children's mental well-being are encouraged to obtain a copy of the Jungle Journal, allowing children to embark on a transformative journey of self-discovery and emotional awareness.

For further information, please visit www.thebuddyz.ca.

About The Buddyz: The Buddyz consist of Brian Nolet and Dave Mossman, two authors who have created a beloved children's book series, Jungle Buddyz, known for its empowering messages and addressing social-emotional issues. Through their carefully crafted books and educational tools, The Buddyz strive to create a safe space for children to explore their emotions, ask questions, and learn important life lessons.

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Press Contact:

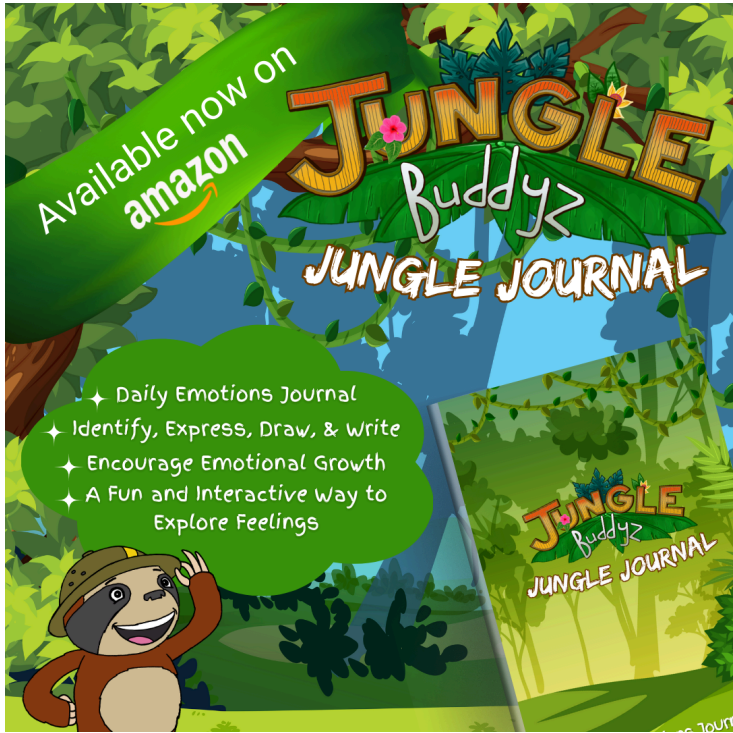
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Media attached:

1. Jungle Journal Promo
2. Brian Nolet, reading Jungle Buddyz: A Race to Remember to his youngest son Jackson.



Available now on
amazon

JUNGLE Buddyz JUNGLE JOURNAL

- ✦ Daily Emotions Journal
- ✦ Identify, Express, Draw, & Write
- ✦ Encourage Emotional Growth
- ✦ A Fun and Interactive Way to Explore Feelings

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