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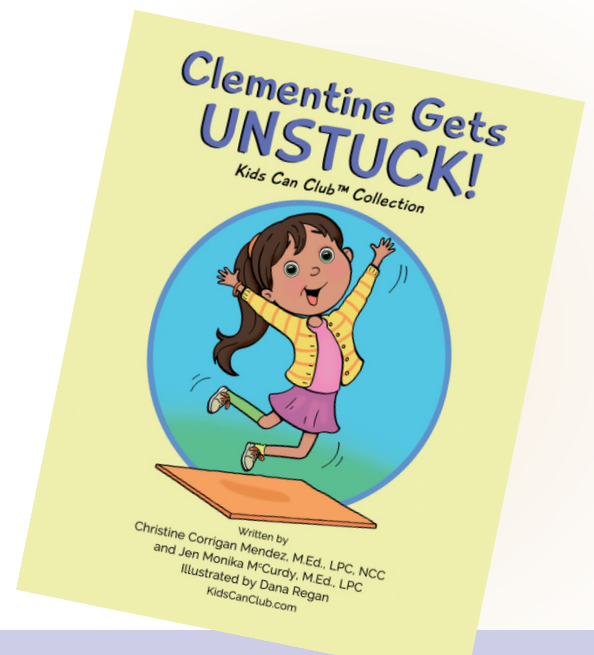
WWW.KIDSCANCLUB.COM
CCMJMM@KIDSCANCLUB.COM
WWW.CCMJMMWELLNESS.COM



2022

MEDIA KIT

KIDS CAN CLUB™





Hi From *Christine and Jen*

We are so honored to share space with you today. Thank you for taking the time to learn more about our story, our business and our passion.

Within this packet, you will find our corporate information, author-specific materials, press releases, sell and tip sheets and further contact information. Please reach out if you have any questions; we are very excited to connect with you soon.

Christine & Jen

**Christine Corrigan Mendez, M.Ed., LPC, NCC,
and Jen Monika McCurdy, M.Ed., LPC**

Co-Founders



About CCM & JMM Wellness LLC

CCM & JMM Wellness LLC is a female-inspired partnership using therapeutic tools and creative design to advocate for optimal mental health and wellness. The headquarters is located in St. Louis, Missouri, and reaches throughout the world, led by Christine Corrigan Mendez and Jen Monika McCurdy.

Together, Christine and Jen have nearly 20 years of private counseling practice experience, and their combined platforms exceed 55K connections, globally. They've shared quite the journey beginning as classmates, evolving into like-minded colleagues, and are now incredibly grateful to be lifelong friends and business partners. Through CCM & JMM Wellness LLC, Christine and Jen combine their counseling, personal and entrepreneurial experiences. Their collaboration has resulted in the creation of innovative and empowering mental health resources like the book, **Clementine Gets UNSTUCK!** and the Kids Can Club™ digital program. And the production of additional books and expansion of the Club program are in progress!



Christine Corrigan Mendez, M.Ed., LPC , NCC

Co-Founder



Jen Monika McCurdy, M.Ed. LPC

Co-Founder

About the Authors



Christine Corrigan Mendez

Christine Corrigan Mendez, M.Ed., LPC, NCC is a licensed professional counselor in private practice. She provides individual mental health therapy and offers support programs for pet illness and loss. She is a writer who has contributed to pet publications and local newspapers. Christine and her husband are devoted to helping animals and have rescued and provided a loving home for feral and abandoned dogs who were suffering on the streets of St. Louis, MO. Their current "Mendez Pack" pooches are shelter rescues Luna and Nate.



In addition to co-founding CCM & JMM Wellness LLC, Christine also owns and operates CCM Counseling LLC, a private counseling practice in St. Louis, MO.

PLATFORM



@ccmcounselingstl | 107 followers



@CCMCounseling1



@ChristineCorriganMendez | 296 connections



www.ccmcounselingllc.com

About the Authors



Jen Monika McCurdy

Jen Monika McCurdy, M.Ed., LPC is a licensed professional counselor, therapeutic coach, mom, entrepreneur, and lover of all things big and possible. Her passion is to empower her clients to live the life they most wish to live. Jen specializes in maternal mental health, working primarily with women and couples struggling with infertility, pregnancy, birth and postpartum challenges. Jen and her family live in St. Louis, MO.



In addition to co-founding CCM & JMM Wellness LLC, Jen also owns and operates JM Wellness LLC, a private counseling practice in St. Louis, MO.



PLATFORM



@JenMcCurdySTL | 51,911 followers



@JenMcCurdySTL | 1,039 followers



@BirthSTL | 1,884 followers

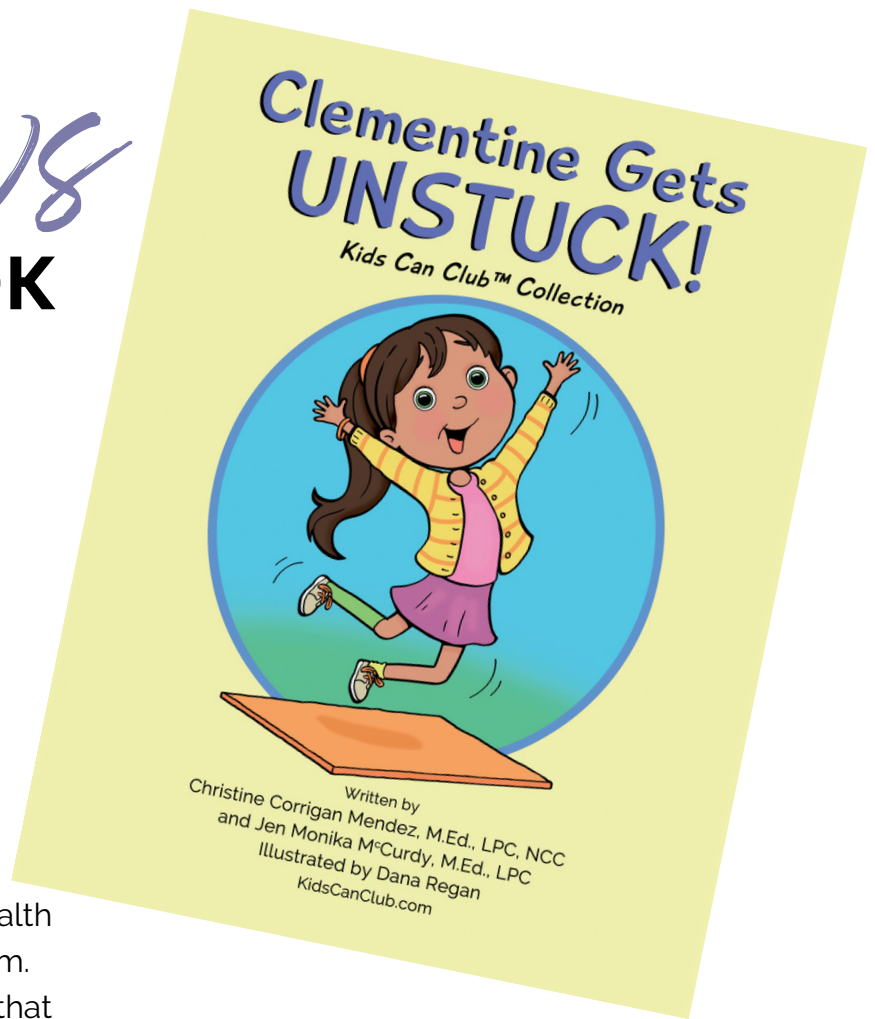


@JenMcCurdySTL | 253 connections



www.JenMcCurdy.com

Reviews FOR THE BOOK



I loved **Clementine Gets UNSTUCK!** the minute I read it because of its introduction of basic good mental health practices, presented in storybook form. Clementine's story supports the fact that internal challenges are real and can be addressed by the individual and by seeking outside help. Normalizing this concept is something we stress with a client in beginning therapy. Recognizing one's internal discomfort and the need for it to be addressed are important first steps. All three, normalizing, recognizing and taking action are appropriately addressed in this book on the level of the young reader. I believe **Clementine Gets UNSTUCK!** will help readers see themselves in the story and become aware of, accept, and address their problems more effectively at an early age as well as set a healthy pattern for the future.

Helen Conway-Jensen, MA, M.Ed., LPC, NBCCH

Clementine Gets UNSTUCK! is a fun read with a serious and helpful message. The book introduces readers to the idea that it is by relaxing and not trying so hard that we are able to find answers. This is difficult learning at any age. I applaud the authors for addressing this concept in a book for young children. How wonderful it will be for them to learn and practice this slowing down now, rather than in adulthood when their patterns are set and harder to change.

Nancy E. Golden, M.Ed., LPC

TIP SHEET

Clementine Gets UNSTUCK!



This book is needed NOW.

- **At least 1 in 6** U.S. children aged 2–8 years (17.4%) has a diagnosable mental, behavioral, or developmental disorder (CDC).
- **At least 1 in 5** U.S. youth aged 9–17 years has a diagnosable mental health disorder that causes some degree of impairment; **1 in 10** has a disorder that causes significant impairment (ACOG).
- ADHD, anxiety disorders, behavior problems, and depression are the most commonly diagnosed mental disorders in children. According to the CDC, most recent data suggests:
 - ADHD 9.8% (approximately 6.0 million)
 - Anxiety 9.4% (approximately 5.8 million)
 - Behavior problems 8.9% (approximately 5.5 million)
 - Depression 4.4% (approximately 2.7 million)
- Depression and Anxiety continue to increase over time (CDC).
- "In a 2020 survey of 1,000 parents around the country facilitated by the Ann & Robert H. Lurie Children's Hospital of Chicago, 71% of parents said the pandemic had taken a toll on their child's mental health, and 69% said the pandemic was the worst thing to happen to their child. A national survey of 3,300 high schoolers conducted in spring 2020 found close to a third of students felt unhappy and depressed much more than usual." (American Psychological Association)

As a community, what do we do?

Through story, practice and play, children learn resilience and the importance of community. Licensed Professional Counselors **Christine Corrigan Mendez** and **Jen Monika McCurdy** offer a solution-focused opportunity based on empirical data for children to learn self-care strategies in response to daily stressors and uncertainty. They also provide adults with tools to open productive dialogue about mental health and the importance of self-care at any age.

What is Clementine Gets UNSTUCK! about?

Clementine Gets UNSTUCK! is a story about a frustrated but determined third grader named Clementine, who feels STUCK because she has too many thoughts and ideas Zipping, Zinging and Tangling in her brain all at once. She believes there has to be a way to slow her thoughts down and make them clear. Clementine searches and searches, and eventually finds a simple solution at school that works! And she gets UNSTUCK!

TIP SHEET

What is the Kids Can Club™?

The Kids Can Club™ is a Helping Group for kids, supported by the participation of trusted adults– parents, teachers and counselors. In the club, friends find fun and creative ways to help other kids, animals, the environment, and even grownups. And they learn how to help themselves when they face challenges–starting with BIG and sometimes tough thoughts and feelings!

What is KidsCanClub.com?

The book series is accompanied by the KidsCanClub.com program. On KidsCanClub.com, kids, parents and trusted adults will find free activities, games, additional wellness exercises and interaction with the Kids Can Club characters. Readers will also learn how to start their own Kids Can Club!

What is the age range of the intended readers?

Elementary-aged children (and their trusted adults)

What inspired this book series?

In light of current mental health needs among children who have been strongly impacted by the pandemic and increasing social stressors, Christine and Jen were inspired to help. By engaging and empowering young readers through a connection with the Kids Can Club kids, who face emotional challenges, find solutions through simple wellness tools and then share them with others, young readers can learn that they are not alone with their feelings and that they can take action to find solutions to help themselves, and others, too.

Are the authors willing to offer additional support?

Yes! Christine and Jen are active members of the St. Louis community who advocate for mental health. They look forward to connecting with parents, schools and other networks!

NATIONAL PRESS RELEASE

June 22, 2022

Two Licensed Professional Counselors are excited to share their new children's book, **Clementine Gets UNSTUCK!** and their digital program, KidsCanClub.com, with kids and parents everywhere. **Clementine Gets UNSTUCK!** is the first publication in the Kids Can Club™ collection, a book series written to engage and empower young readers through connection with the Kids Can Club kids, who face emotional challenges, find solutions through simple wellness tools, and then share these solutions with others.

In **Clementine Gets UNSTUCK!**, Clementine is a determined third grader who decides it's time to solve a big, frustrating problem – her Zipping, Zinging and Tangling thoughts, which leave her feeling STUCK. At school, she finds the answer. And Clementine gets UNSTUCK!

KidsCanClub.com expands the book series' content with free activities, games, additional wellness exercises and interaction with the Kids Can Club characters. The site also shows kids (with participation of their parents and trusted Club Coaches) how to start their own Kids Can Club!

Clementine Gets UNSTUCK! will be released on July 27, 2022 and is currently on pre-sale on Amazon.com and BookBaby.com. KidsCanClub.com is live now and invites kids and parents to visit!

Christine Corrigan Mendez, M.Ed., LPC, NCC, and Jen Monika McCurdy, M.Ed., LPC, are Licensed Professional Counselors who have been working in private practice since 2013. They provide individual and group therapy services in St. Louis, MO. Christine and Jen are also previously published writers. Learn more about the authors on KidsCanClub.com, and contact them at ccmjmm@kidsclub.com.

LOCAL PRESS RELEASE

June 22, 2022

Two local Licensed Professional Counselors are excited to share their new children's book, **Clementine Gets UNSTUCK!** and their digital program, KidsCanClub.com, with St. Louis.

Clementine Gets UNSTUCK! is the first publication in the Kids Can Club™ collection, a book series written to engage and empower young readers through connection with Kids Can Club kids, who face emotional challenges, find solutions through simple wellness tools, and then share these solutions with others.

In **Clementine Gets UNSTUCK!**, Clementine is a determined third grader who decides it's time to solve a big, frustrating problem – her Zipping, Zinging and Tangling thoughts, which leave her feeling STUCK. At school, she finds the answer. And Clementine gets UNSTUCK!

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Christine Corrigan Mendez, M.Ed., LPC, NCC and Jen Monika McCurdy, M.Ed., LPC, are Licensed Professional Counselors in private practice. They received their Master of Education, Counseling degrees at the University of Missouri-St. Louis. Learn more about the authors on [KidsCanClub.com](https://www.kidscanclub.com), and contact them at ccmjmm@kidscanclub.com.

SELL SHEET

Title: Clementine Gets UNSTUCK!

Series: Kids Can Club™ Collection

Authors: Christine Corrigan Mendez and Jen Monika McCurdy

Genre: Kids

Soft cover price: \$14.95

E-book price: \$8.99

Number of pages: 36

ISBN (soft cover): 979-8-9858091-0-7

ISBN (e-book): 979-8-9858091-1-4

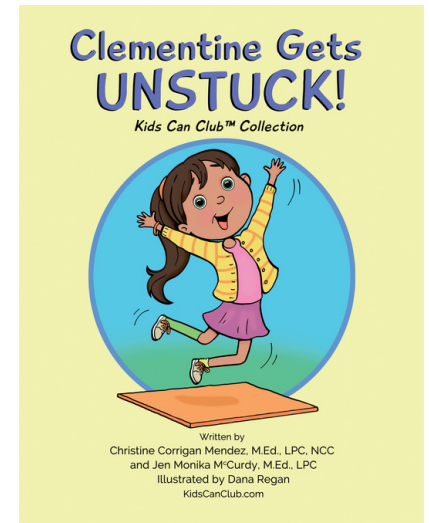
Publication date: July 27, 2022

Formats available: Soft Cover and E-Book

Available on: Amazon, BookBaby, Barnes and Noble, and other retailers

Synopsis: In **Clementine Gets UNSTUCK!**, Clementine is a smart and sunny third grader who has a really busy brain sometimes. Too many exciting thoughts and ideas ZIP in, ZING around, and TANGLE UP, leaving Clementine feeling STUCK! When she's STUCK, Clementine can't think clearly and can't decide what to say or do. Clementine explores unique (but unsuccessful) "fix-my-thinking" strategies, then finally learns a wellness exercise that works. She gets UNSTUCK and can take action on a newly clear and important idea—starting a club, the "Kids Can Club!"

Clementine Gets UNSTUCK! is the first publication in the Kids Can Club™ Collection, a children's book series written to engage and empower young readers through connection with the Kids Can Club kids' struggles and then their successes, achieved through the use of simple wellness tools. KidsCanClub.com will expand the book series' content with activities, games, additional wellness exercises and interaction with the Kids Can Club characters. KidsCanClub.com will also show kids (with participation of their trusted adults) how to start their own Kids Can Club!



www.KidsCanClub.com

ccmjmm@kidscanclub.com

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Christine Corrigan Mendez, M. Ed., LPC, NCC

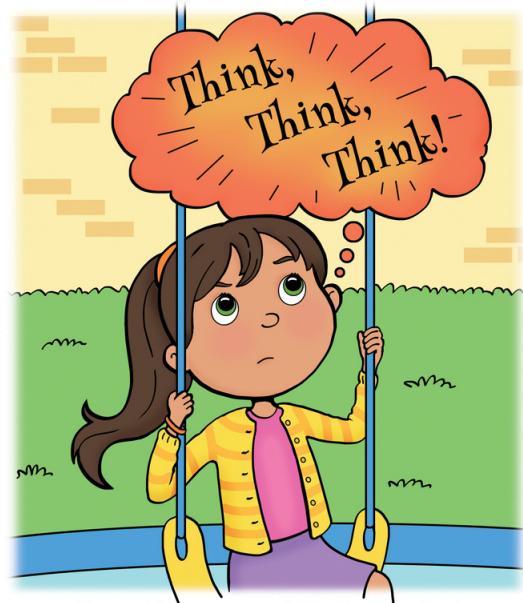


Jen Monika McCurdy, M. Ed., LPC

BOOK SAMPLE PAGES



Like before school today, Clementine had so many ideas *zipping* in all together and *zinging* around her brain about what to wear. My hot pink t-shirt might look the best with my lucky sneakers and orange shoelaces. Oh, or my rainbow top! Maybe my yellow striped sweater?



Clementine wondered... Maybe I can just think harder? I'll do it now with my ideas about weekend plans for Leo, Clara, Iris, Nico and me! *Think, Think, Think!*



While Clementine's many thoughts were *zipping* in, *zinging* quickly and then *tangling* together, Leo shouted, "Ride Scooters!" Clara said, "Bake cookies with my mom!" Iris joined in with, "Play video games!" Nico added, "Draw on my sidewalk with chalk!"

And at recess, Clementine and her friends were trying to make plans for what to do when the weekend came. Clementine thought... *Ride bikes! Play soccer! Go to the park! Start a club!*

BONUS PAGE

(also available on website)

Hi Readers! Use this page to remember
BELLY BREATHS!

From your Kids Can Club™ Friends,
Clementine, Leo, Clara, Iris and Nico

Breathe in cool, clear air...1, 2, 3, 4.
Breathe out hot, sticky air...1, 2, 3, 4.

Breathe in cool, clear air...1, 2, 3, 4.
Breathe out hot, sticky air...1, 2, 3, 4.

Breathe in cool, clear air...1, 2, 3, 4.
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Breathe in cool, clear air...1, 2, 3, 4.
Breathe out hot, sticky air...1, 2, 3, 4.

And also remember... Kids Can Help!

KidsCanClub.com



Contact us

We are thrilled to connect with you. Feel free to reach out to us individually at the contact information below, or together at ccmjmm@kidscanclub.com.

To learn more about the Kids Can Club™ Program, please visit www.KidsCanClub.com.

SUBSCRIBE AND LEARN MORE:

[**www.KidsCanClub.com**](http://www.KidsCanClub.com)

[**ccmjmm@kidscanclub.com**](mailto:ccmjmm@kidscanclub.com)

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