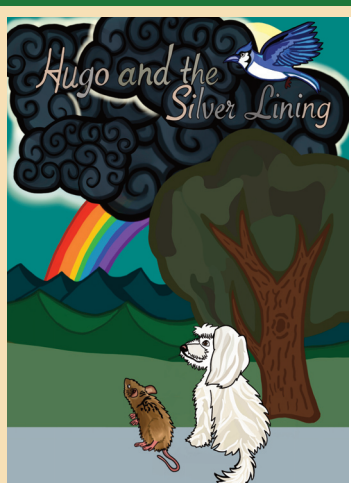


Hot Off The Press!



**A new book from Saplings,
a branch of One Thousand Trees**

About the Book

Hugo and the Silver Lining follows the journey of a young dog as he learns to find the silver lining in a new (and somewhat scary) situation. The story highlights the importance of adaptability when faced with new challenges.

The story begins with Hugo at the farm where he had lived since he was born, along with his farm animal friends. One day, a girl comes to take him to his forever home. The story outlines difficult emotions children face when being put into a new environment, and the importance of friendship during difficult times.



About the Author

Jess Foye currently works in the hospitality industry after attending college for Print and Broadcast Journalism in Toronto in 2015, as well as a certification in Mental Health Support in early 2020. Born in New Westminster BC, Jess currently resides just outside of Toronto, ON., where she is also working towards returning to post-secondary to continue her education and skills to continue to assist in the mental health field and further assist children in foster care.

This is the first in many books of a series to help aid children to cope with more uniquely mature situations that can be faced in life; by assisting in teaching mindfulness and meditation techniques to help self soothe during life's more difficult times.

For more information email lisa@onethousandtrees.com.