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*Just Breathe: Parenting  
Your LGBTQ Teen  
Media Kit*

PODCAST

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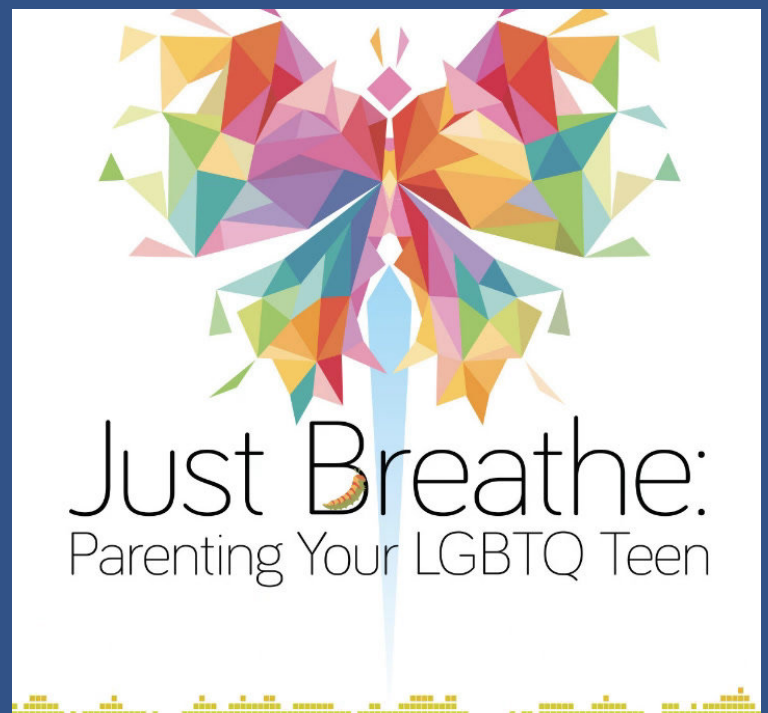
# *Just Breathe Podcast*

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## *ALL ABOUT THE PODCAST*

Heather Hester from Chrysalis Mama is here to transform the conversation around loving and raising an LGBTQ+ teenager. In the 4+ years since her son embraced his sexual identity as a young gay man, Heather and her family have felt every emotion, and have experienced dozens of situations ranging from heartwarming and humorous to terrifyingly life-threatening. Initially feeling alone and overwhelmed, she shifted to educating herself to support and empower others traveling a similar path. Heather believes transformation is possible through her four pillars: Embrace, Educate, Empower, Love. She discusses taboo topics and works to erase stigmas surrounding the coming out process and parenting an LGBTQ+ teen.

## *AUDIO TRAILER*



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# *Just Breathe Podcast*

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## *SCHEDULE, SOCIAL & STATS*

### Schedule

Since its inception in November 2019, Just Breathe has released a new episode every other Tuesday.

### Social

Instagram - @chrysalismama

Facebook - @chrysalismama

Twitter - @chrysalismama1

### Statistics

30 day downloads - 3,500+  
Audience - North America 91%,  
Europe 3%, Oceania 2%, Other 4%  
5 star average rating on iTunes

### Transcripts

Link located at the end of each podcast blog post.

## *PRESS COVERAGE & REVIEWS*

New York Times - [Listed in Podcasts Inspired by Love and Relationships](#) May 10, 2020

### Apple Podcast Reviews

Powerful, profound. So needed. Than... Thu  
★★★★★ RRC in AZ

What a breathe of fresh air this show is. So many LGBTQ people, especially youth, struggle with the devastating impact of faith-based family rejection. Parents are searching for a better way - a way to love their LGBTQ child without compromising their faith. It takes opening whatever box you have God in - thank you for helping people do that! What a gift this Podcast is!!

Chrysalis mama Jan 31, 2020  
★★★★★ nickpe13

Amazing!!! This is so incredibly well done and your thoughtful approach is undoubtedly helping tons of families. What you're doing truly matters! Your son is lucky to have you and vice versa ;) Thank you for sharing w us!

Heather, Thank You. May 14, 2020  
★★★★★ SoulNotSkin

When I was Connors age, I don't think Ellen Degeneres was out yet. The world has changed so much since that time. I'm glad I'm alive to see it. I find myself cheering on parents like Heather who are willing to step out of their own comfort zone and reputations to stand by LGBTQ children and love us - out loud! This is such an important show. BIG LOVE for this courageous family in the midwest. Yay YOU!



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