

It began with comfort.

For Christina and Gabby, comfort can be found in a stuffed bear, a familiar object, or the presence of someone who cares.

Their experiences of childhood trauma, and the love and connection they share, inspired Lily & Gabe.

Christina found comfort in Freedom, a bear she carried through difficult moments. Gabby later built Gabe on her birthday. Lily represents Christina, and Gabe is the male version of Gabby's name.

Together, they hope to show that seeking comfort and asking for support are things we can talk about openly.

A small book. A bigger mission.

Safe spaces in unexpected places.

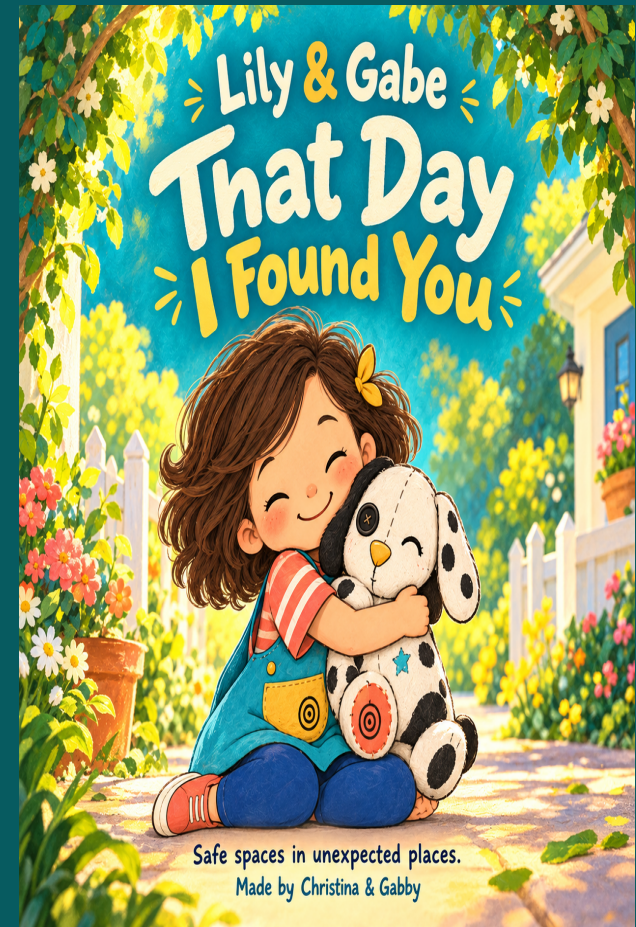
That Day Community Corner (TDCC) is a Pennsylvania-based 501(c)(3) nonprofit. We bring people together through connection, mental health education, and welcoming spaces.

Our hope is to put books in children's hands and give families and educators a gentle starting point for conversations about feelings, comfort, and belonging.

Proceeds from each book sale go back to TDCC to help fund books for children, mental health education, and safe spaces in unexpected places.

Help this story reach more children.

Share the book. Start a conversation. Connect with TDCC about supporting books for classrooms and community spaces.



**A story. A safe space.
A conversation.**

For elementary-age children
and the grown-ups beside them.

Big feelings. One brave step.

In *That Day I Found You*, Lily is getting ready for her first day of school. New places, new people, and worried thoughts can make an ordinary day feel very big.

Lily lives with anxiety and OCD. When she finds Gabe, a stuffed companion who comes to life in her imagination, she discovers comfort she can carry with her.

Gabe reminds Lily of the support around her as she tries something hard. The goal is not to make every worried feeling disappear. It is to help Lily feel understood and take her next step.

Gabe is one possibility.

A child's source of comfort might be a blanket, a favorite toy, or another familiar object. Every child's needs and preferences are different.

Less shame. More belonging.

We hope this story helps reduce the stigma around mental health and the things people use for comfort.

Make room for feelings.

Children deserve to be heard when they are worried, overwhelmed, or having a hard day.

Respect what brings comfort.

A familiar object can matter deeply. We can respond with curiosity and kindness instead of teasing or judgment.

Make asking for help welcome.

A trusted adult can listen, offer support, and help a child connect with additional care when needed.

Keep these words close:

It's okay to not be okay.
You can be brave and do hard things.
A hard moment does not define your whole life.

Let the story open a door.

Read together at home, in a classroom, or in a community space. Pause when a child wants to talk. Listening matters more than having a perfect answer.

Try a gentle question:

What do you notice Lily feeling?

What helps you feel comforted?

Who could you talk to on a hard day?

More ways to experience the story

We are developing page-by-page audio access through QR codes and exploring optional tactile features. Our goal is to welcome different ways of reading and connecting.

The book supports conversation and awareness. It does not replace individualized mental health care.