

1. I CAN HAVE HOPE.

2. MY BODY IS BEAUTIFUL AND IS MINE!

3. I CAN LET GO OF GUILT.

4. I CAN SPEAK UP.

5. I CAN MAKE CHOICES.

6. I DESERVE  FROM MYSELF AND OTHERS.

7. IT'S OK TO HAVE NEGATIVE FEELINGS.

8. I CAN SAY NO!



# 13 REASONS WHY



I CAN  MYSELF.

## JANUARY 14, 2019 - 3:30-5:30PM

Program runs for 10 consecutive weeks, every Monday.

**\*\*Certificate of Completion provided by CDLF Counseling.\*\***

### BROOKHURST COMMUNITY CENTER

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Gabriela Gonzalez (714) 430-3751, [ggonzalez@casadelafamilia.org](mailto:ggonzalez@casadelafamilia.org)

9. I HAVE CONTROL OF MY LIFE.

10. I CAN VERBALLY EXPRESS MY ANGER & REMAIN LOVED.

11. I HAVE COMPLETE AND UNCONDITIONAL WORTH.

12. I CAN TRUST MYSELF.

13. I CAN LEARN TO FORGIVE.

Presented by CDLF Counseling

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