

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 9, 2019 - 4:00-5:30PM

Program runs for 10 consecutive weeks every Wednesday..

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

### PONDEROSA PARK FAMILY RESOURCE CENTER

320 E. Orangewood Ave., Anaheim CA 92802



City of Anaheim complies with Americans with Disabilities Act.

Please call (714)765-5400, 72 hours prior to event or activity if special accommodations are needed.

This organization and its activities are not related to or sponsored by the Anaheim City School District.

For more information or to register for this program:

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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