

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 15, 2019 - 3:00-5:00PM

Program runs for 10 consecutive weeks every Tuesday .

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



**BOYS & GIRLS CLUBS - JMAC Teen Center**  
OF ANAHEIM

1115 N. Citron Anaheim CA 92801

For more information or to register for this program:  
Gabriela Gonzalez (714) 430-3751, 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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