

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.

FEBRUARY 4, 2019 - 3:30-5:30PM

Program runs for 10 consecutive weeks every Monday.

Certificate of Completion provided by CDLF Counseling.



SRE

SECRETARÍA DE
RELACIONES
EXTERIORES

MEXICAN CONSULATE

2100 E. 4th St., Santa Ana, CA 92705

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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