

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 6, 2019 - 4:00 - 6:00PM

Program runs for 10 consecutive weeks, every Wednesday.

Certificate of Completion provided by CDLF Counseling.



SRE

SECRETARÍA DE
RELACIONES
EXTERIORES

CONSULATE GENERAL OF MEXICO IN LOS ANGELES

2401 W. 6th St, Los Angeles, CA 90057

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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