

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.

8. I CAN SAY NO!



13 REASONS WHY



I CAN MYSELF.

JANUARY 18, 2019 - 6:00-8:00PM

Program runs for 10 consecutive weeks every Friday..

Certificate of Completion provided by CDLF Counseling.

NUEVO AMANECER



MUJER INTEGRAL

CENTRO "MUJER INTEGRAL"

418 1/4 N. Ford Blvd. Los Angeles Ca. 90022

Site contact: Leticia Lopez - (323) 804-3526

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

This project was supported by Grant No. 2018-KS-AX-0007 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice

www.casadelafamilia.org