




THE GUIDANCE CENTER
Child & Family Mental Health • PROVIDING HELP AND HOPE SINCE 1948

Everyone has the power to
make a difference in a
child's life.



TGCLB.ORG    



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**GUIDING FAMILIES
TOWARD HOPE**



THE
GUIDANCE
CENTER































NOTE TO SELF

Your feelings are valid

Your boundaries are important

You are doing the best you can

It's ok to ask for help

You are worthy and lovable

You are allowed to say no

You are capable of amazing things

It's ok to start over and try again

WHAT YOU SAY

IN HERE

STAYS IN HERE

unless

1. SOMEONE IS HURTING YOU
2. YOU WANT TO HURT SOMEONE
3. YOU WANT TO HURT YOURSELF
4. YOU GIVE PERMISSION TO SHARE WITH ANOTHER TRUSTED ADULT













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