

How To Help

Your Child find **HOPE**



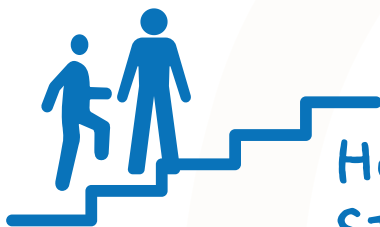
Share with your child about a time YOU overcame a challenge.

EMPATHIZE with their feelings.



EMPOWER them to find solutions.

Brainstorm IDEAS together.



Help them take their first STEP.