



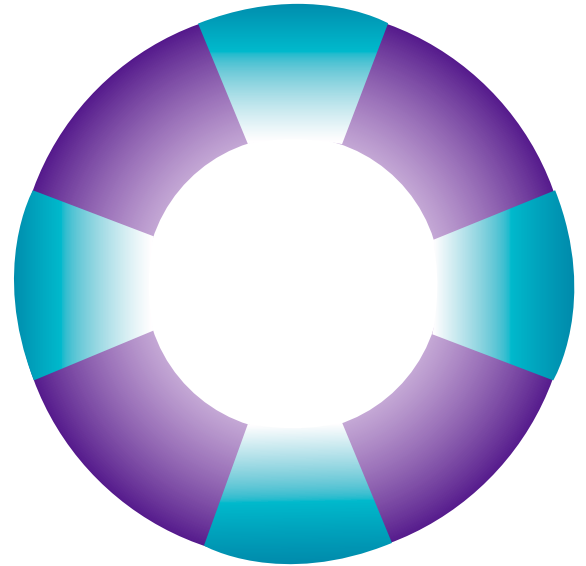
JOINING
FORCES
FOR CHILDREN

The Seven C's

I didn't **cause** it.

I can't **control** it.

I can't **cure** it,



but I can help take **care** of myself
by **communicating** my feelings,

making healthy **choices**, and
celebrating me.