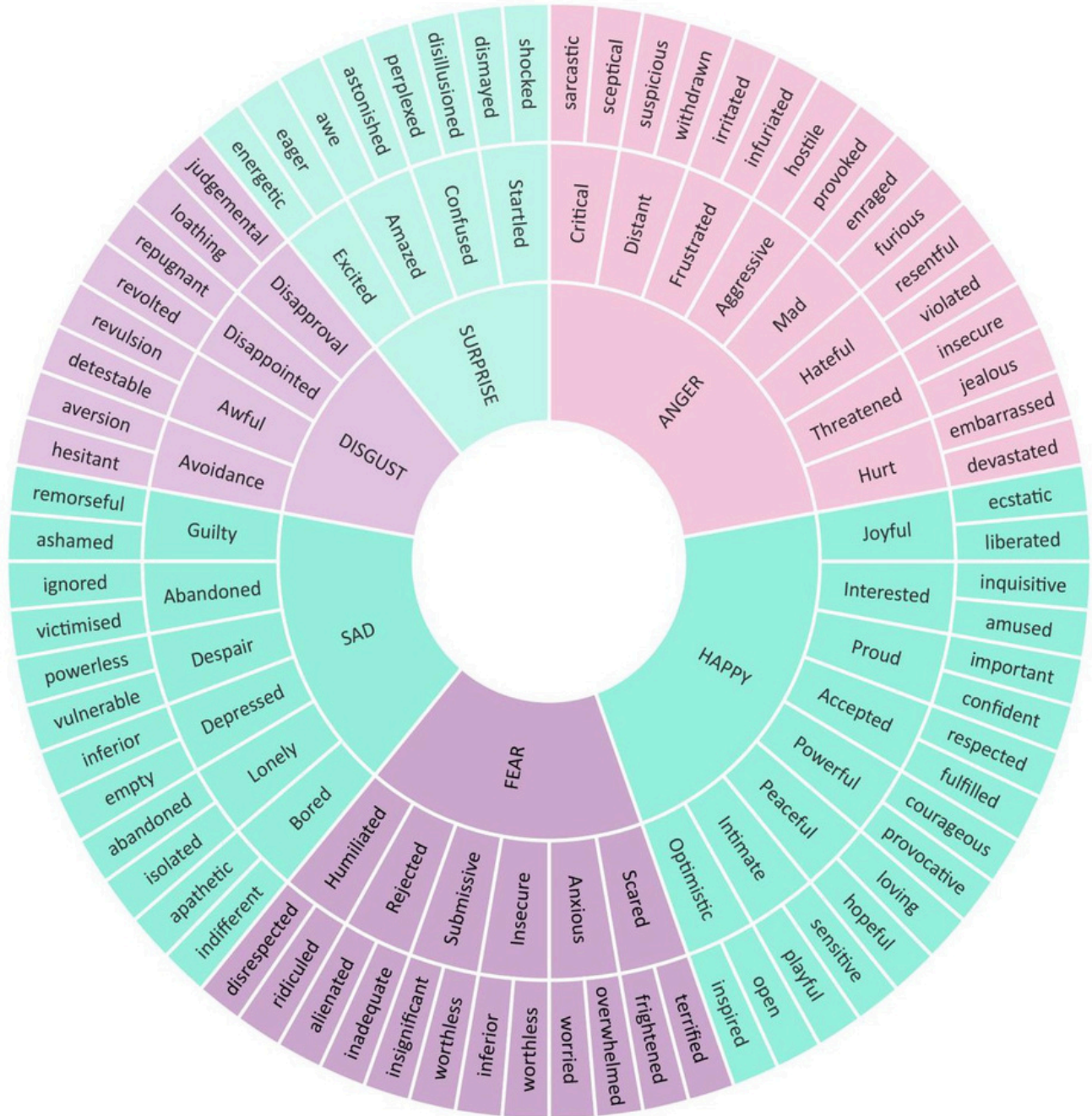


Wheel of Emotions

Circle the feelings you have today/this week and talk through them with someone.



Her-Place

Charitable Trust