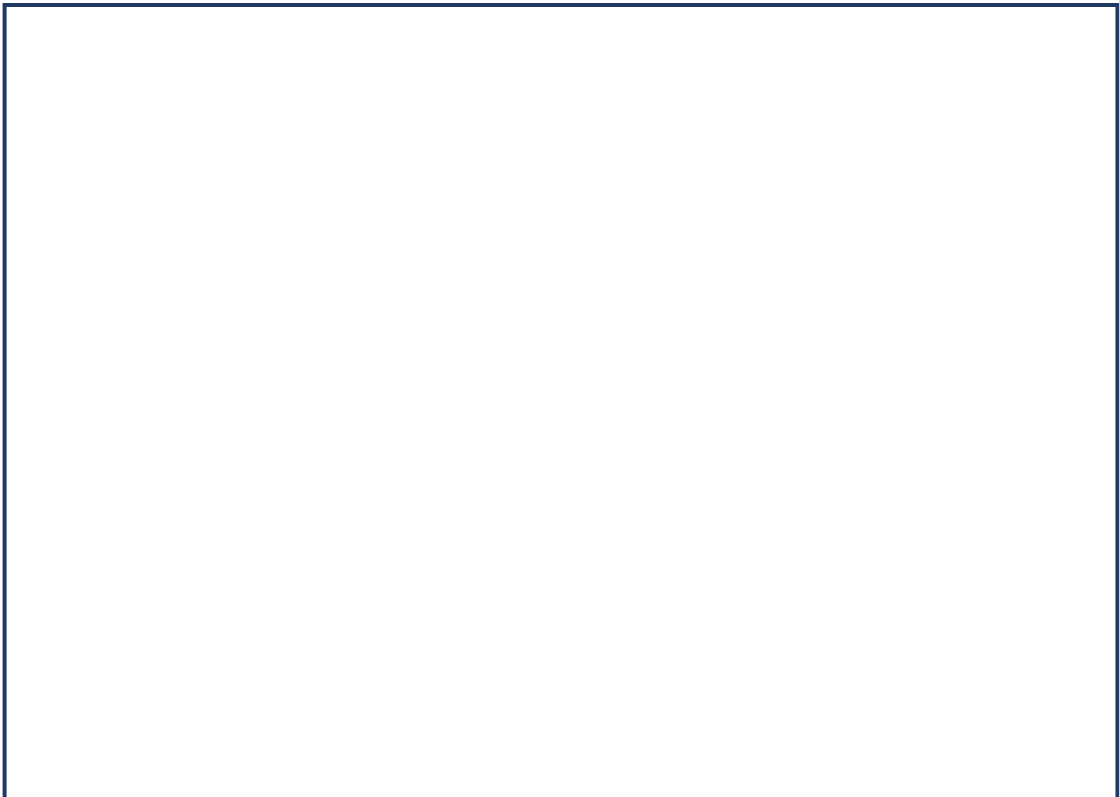




**BELIEVE IN YOURSELF  
AND KNOW THAT YOU CAN  
HANDLE ANYTHING THAT  
COMES YOUR WAY**

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



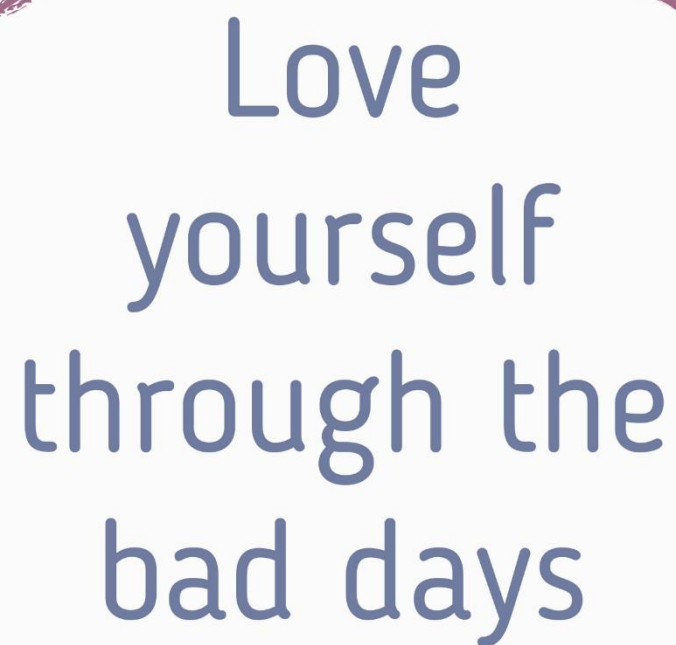
"It's okay to have days,  
where you break down  
and feel sadness, but  
just remember to keep  
going"

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



**THINGS WILL  
GET EASIER  
AS TIME  
GOES ON**

FROM YOUR FRIENDS AT  
ALLIANCE FOR CHILDREN



Love  
yourself  
through the  
bad days

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



***NO OBSTACLE IS  
EVER PERMANENT***

FROM YOUR FRIENDS AT  
ALLIANCE FOR CHILDREN



**FOCUS ON  
THE GOOD  
THINGS IN  
LIFE**

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



You are more than

**ENOUGH**

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



*You can get  
through  
anything!*

*FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN*

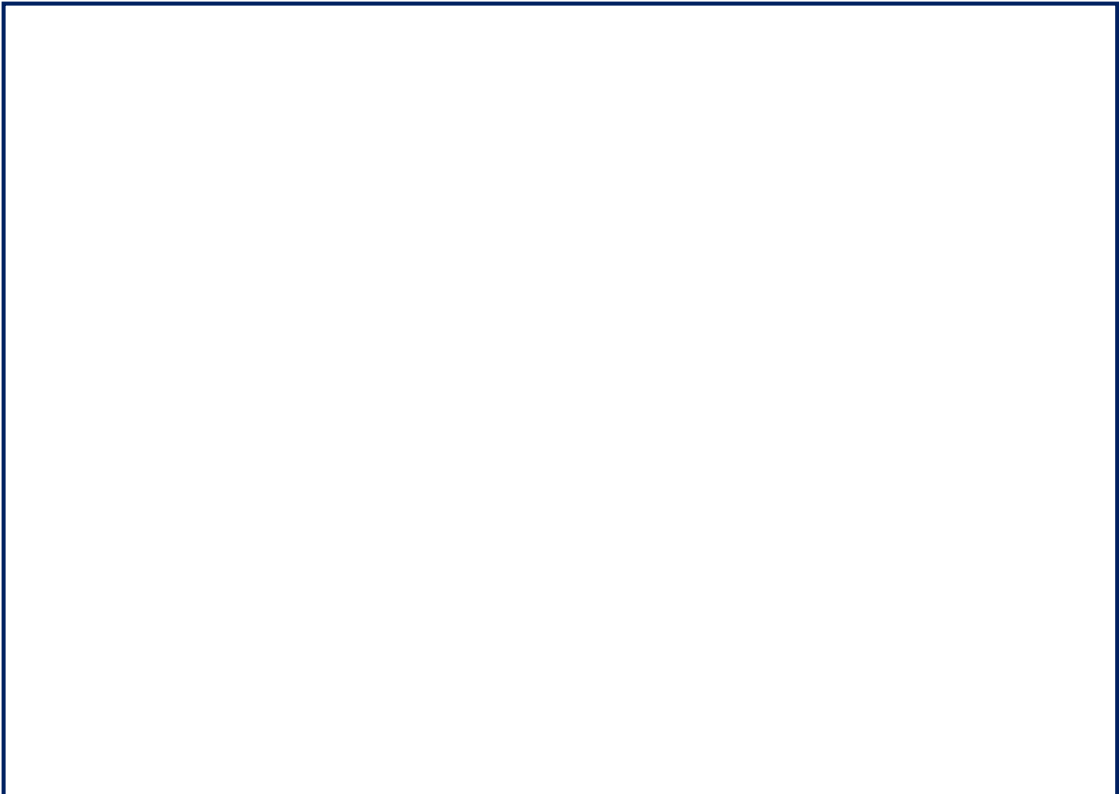






**YOU ARE DOING  
THE BEST THAT  
YOU CAN!**

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



**ONE DAY THINGS  
WON'T FEEL AS  
HEAVY AS THEY DO  
RIGHT NOW**

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



Good things  
are going to  
happen!

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



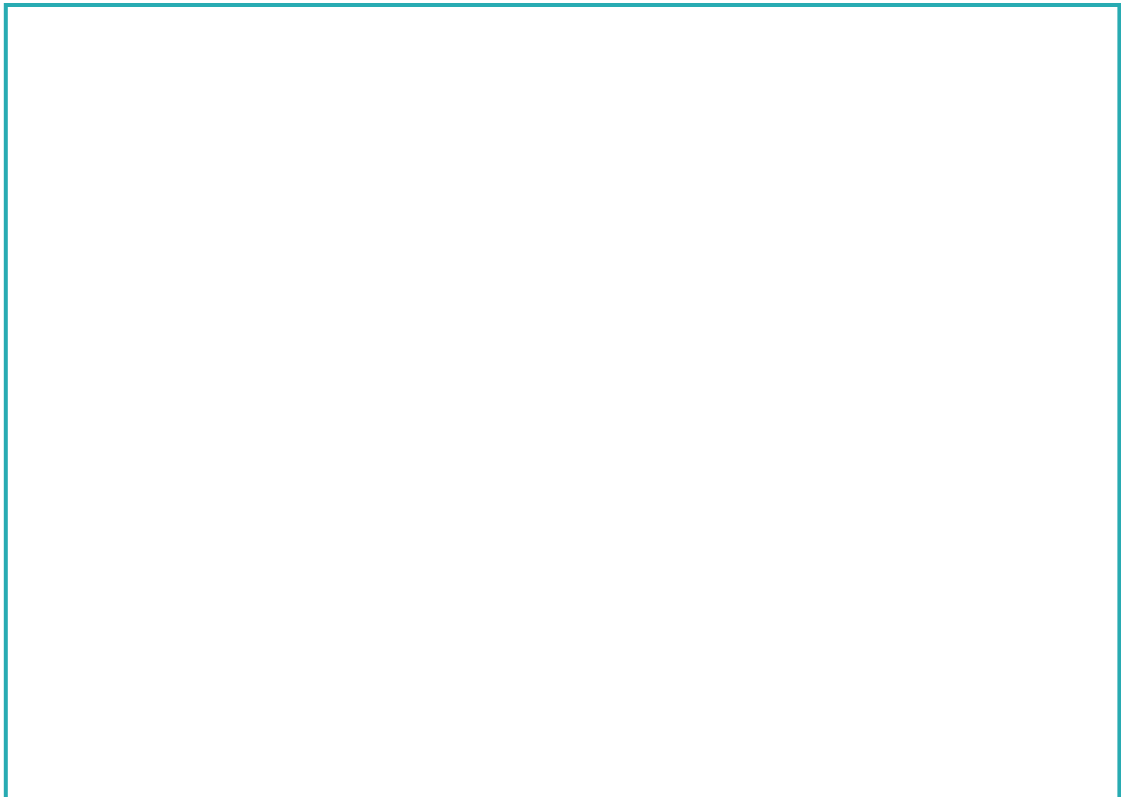
**THINK OF ALL OF  
THE THINGS YOU  
HAVE GOTTEN  
THROUGH SO  
FAR**

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN



*You are*  
SO  
LOVED!

FROM YOUR FRIENDS AT  
ALLIANCE FOR CHILDREN



CHIN UP, DEAR FRIEND!

# YOU'LL MAKE IT THROUGH

There's a rainbow after the rain.  
We'll get through the storm together.

FROM YOUR FRIENDS AT  
ALLIANCE FOR CHILDREN



***Just try and  
take it a day  
at a time***



FROM YOUR FRIENDS AT  
ALLIANCE FOR CHILDREN



*you are so  
unbelievably strong*

FROM YOUR FRIENDS AT ALLIANCE FOR CHILDREN







*You are  
loved*

FROM YOUR FRIENDS AT  
ALLIANCE FOR CHILDREN