



LIVING THE PLEDGE
Self Care for Safe Care

MASKS

She had blue skin,

And so did he.

He kept it hid

And so did she.

They searched for blue

Their whole life through,

Then passed right by--

And never knew.

-Shel Silverstein

Build your
relationships
by being
who you are,
not who you
want to be
or who
others think
you are or
should be.

Happiness is Contagious – Pass It On!

