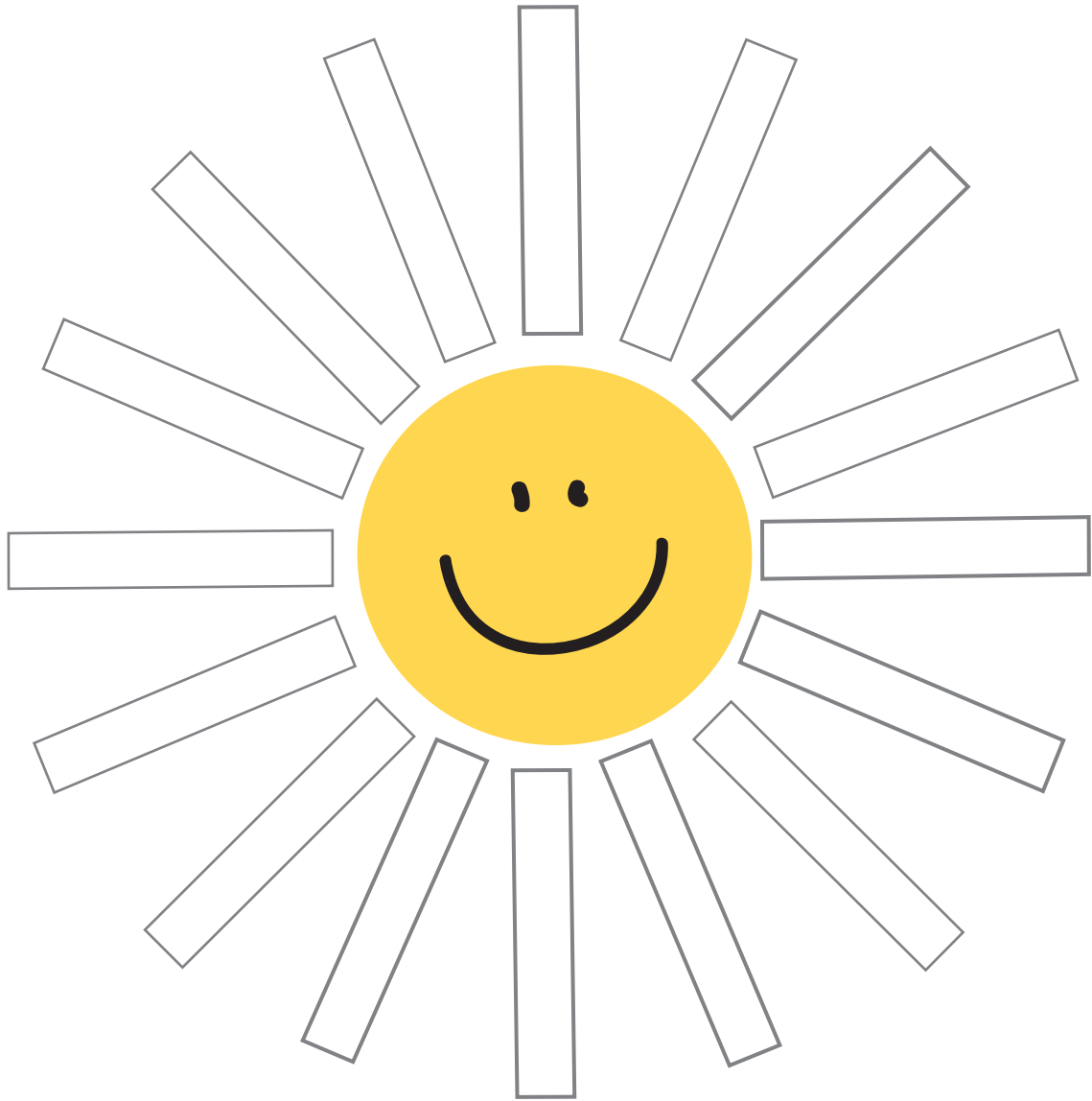




The Centre for Emotional Health

our Family Kindness chart



Fill in a ray of sunshine for every kind thing