

MY SAFE ADULTS

A Safe Adult is someone you can go to no matter what!
These are people you feel safe, protected and heard by.
They are there to help and let you know you are not alone.

My name: _____

These are the Safe Adults in My Life:

1 _____

2 _____

3 _____

4 _____

5 _____

 **NURTURING PARENTING PROGRAM**

Keeping Families Together

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ican.family

