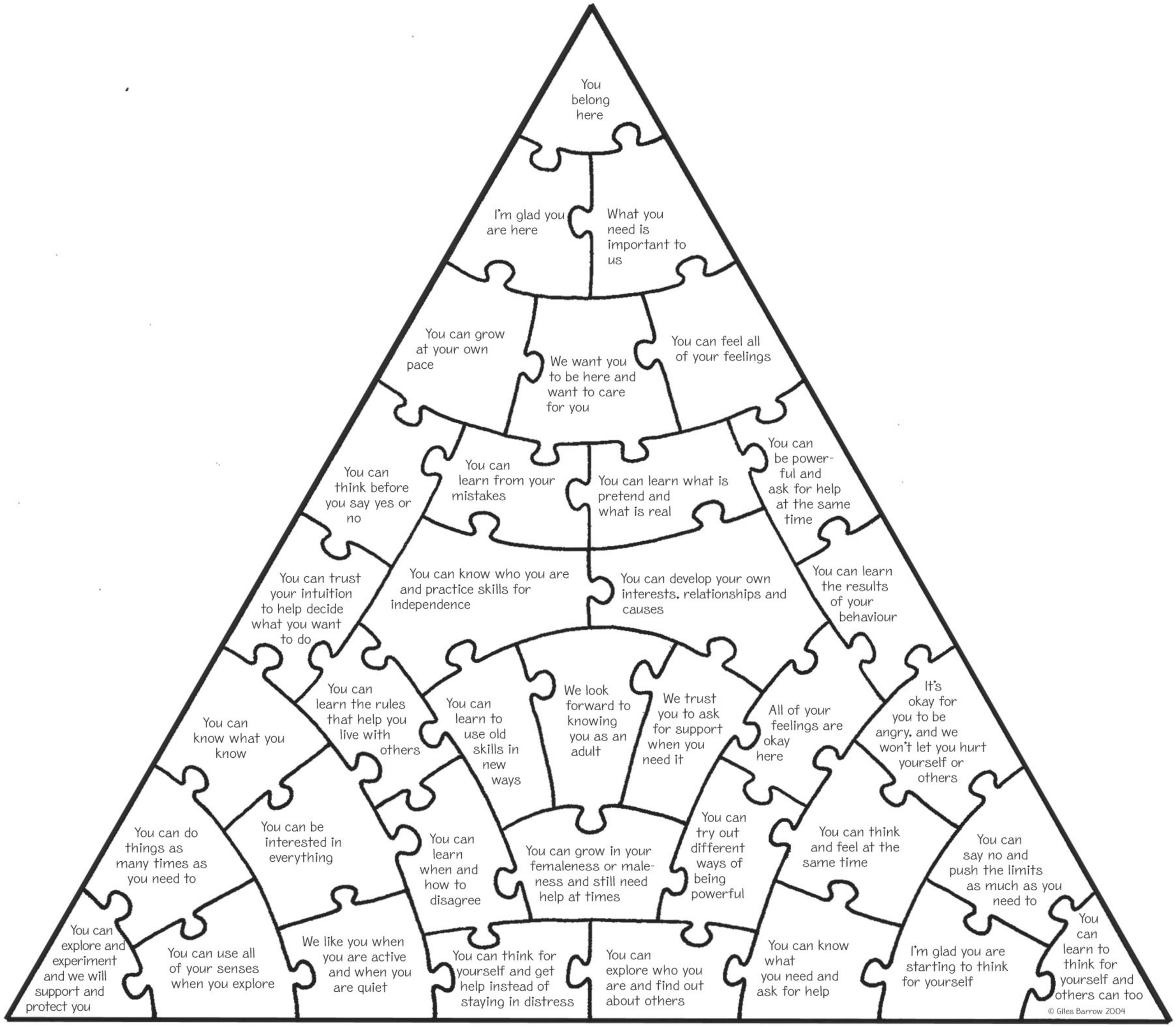
You belong here
I'm glad you are here
What you need is important to us
You can grow at your own pace
We want you to be here and want to care for you
You can feel all of your feelings
You can think before you say yes or no
You can learn from your mistakes
You can learn what is pretend and what is real
You can be powerful and ask for help at the same time
You can trust your intuition to help decide what you want to do
You can know who you are and practice skills for independence
You can develop your own interests. relationships and causes
You can learn the results of your behaviour
You can know what you know
You can learn the rules that help you live with others
You can learn to use old skills in new ways
We look forward to knowing you as an adult
We trust you to ask for support when you need it
All of your feelings are okay here
It's okay for you to be angry. and we won't let you hurt yourself or others
You can do things as many times as you need to
You can be interested in everything
You can learn when and how to disagree
You can grow in your femaleness or maleness and still need help at times
You can try out different ways of being powerful
You can think and feel at the same time
You can say no and push the limits as much as you need to
You can explore and experiment and we will support and protect you
You can use all of your senses when you explore
We like you when you are active and when you are quiet
You can think for yourself and get help instead of staying in distress
You can explore who you are and find out about others
You can know what you need and ask for help
I'm glad you are starting to think for yourself
You can learn to think for yourself and others can too
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