

Notes



Happy Camper Counseling

Gift List

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



My Coping Tools

A cartoon illustration of a dog, possibly a Weimaraner, floating in the water. The dog is wearing goggles and a life preserver, and appears to be holding a small object in its mouth. The dog is positioned in the lower right corner of the page, with its head and front paws visible above the water line. The water is represented by simple horizontal lines.

National Helpline

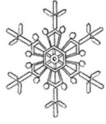


Christmas Eve

Morning:

Afternoon:

Evening:



New Year's Day

Morning:

Afternoon:

Evening:



New Year's Eve



Morning:

Afternoon:

Evening:



Christmas Day



Morning:

Afternoon:

Evening:



December



Affirmation: I am thoughtful, prepared and balanced.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
Self-Care Sunday				Hanukkah		
13	14	15	16	17	18	19
Self-Care Sunday						
20	21	22	23	24	25	26
Self-Care Sunday		Winter Solstice		Christmas Eve	Christmas Day	Kwanzaa
27	28	29	30	31		
Self-Care Sunday				New Year's Eve		