



DO YOU KNOW SOMEONE WHO IS HURTING?

- ✦ **Do you know someone who feels trapped and unhappy in a relationship?**
Tell them that they are valuable and that there are many people who want to support them and help them to smile again.
- ✦ **Do you know children living in unhealthy family situations?**
Act as a caring role model. If you suspect a child is being abused, report it to the authorities.
- ✦ **Do you know young people with no hope?**
Tell them that you care about them and that you know they can make a wonderful contribution to their community.
- ✦ **Do you know someone who does not know how to make positive contributions to their families?**
Tell them that they must take responsibility for the way their anger and violent behaviour are hurting their family. Let them know there is help out there and that you will stand by them as they seek help.
- ✦ **Do you know elderly people who feel alone or isolated?**
Invite them to a meal, drop by to play cards or for coffee, ask them to share their stories with you.

**LOVE SHOULDN'T HURT!
IF IT DOES, THERE IS HELP.**



**PLEASE
SHARE THIS
INFORMATION
WITH SOMEONE
YOU CARE
ABOUT. . .**

TO: _____

