

**A REMINDER FROM THE YOUTH SERVICES  
DEPARTMENT THIS THANKSGIVING:**



# Gratitude is the Attitude that Heals

Reflect on the blessings of the past year and help your family discover the joy of expressing gratitude with this fun-for-all Thanksgiving-themed activity book!

from the Education & Training Center



# THANKSGIVING COMMUNITY MEETING



Community meetings help us check in with each other and understand how we're feeling. Here are some Thanksgiving-themed questions for your family meeting!

## 1.) HOW ARE YOU FEELING?

If your feeling were a Thanksgiving Dinner item, which one would it be?

What is something you are proud of or thankful for?



## 2.) WHAT IS YOUR GOAL FOR TODAY?

What is one fall activity you are looking forward to doing?

What is one thing you are looking forward to this coming year?



## 3.) WHO CAN YOU ASK FOR HELP?

How could you help someone else this holiday season?

Who are you thankful for that has helped you this year?



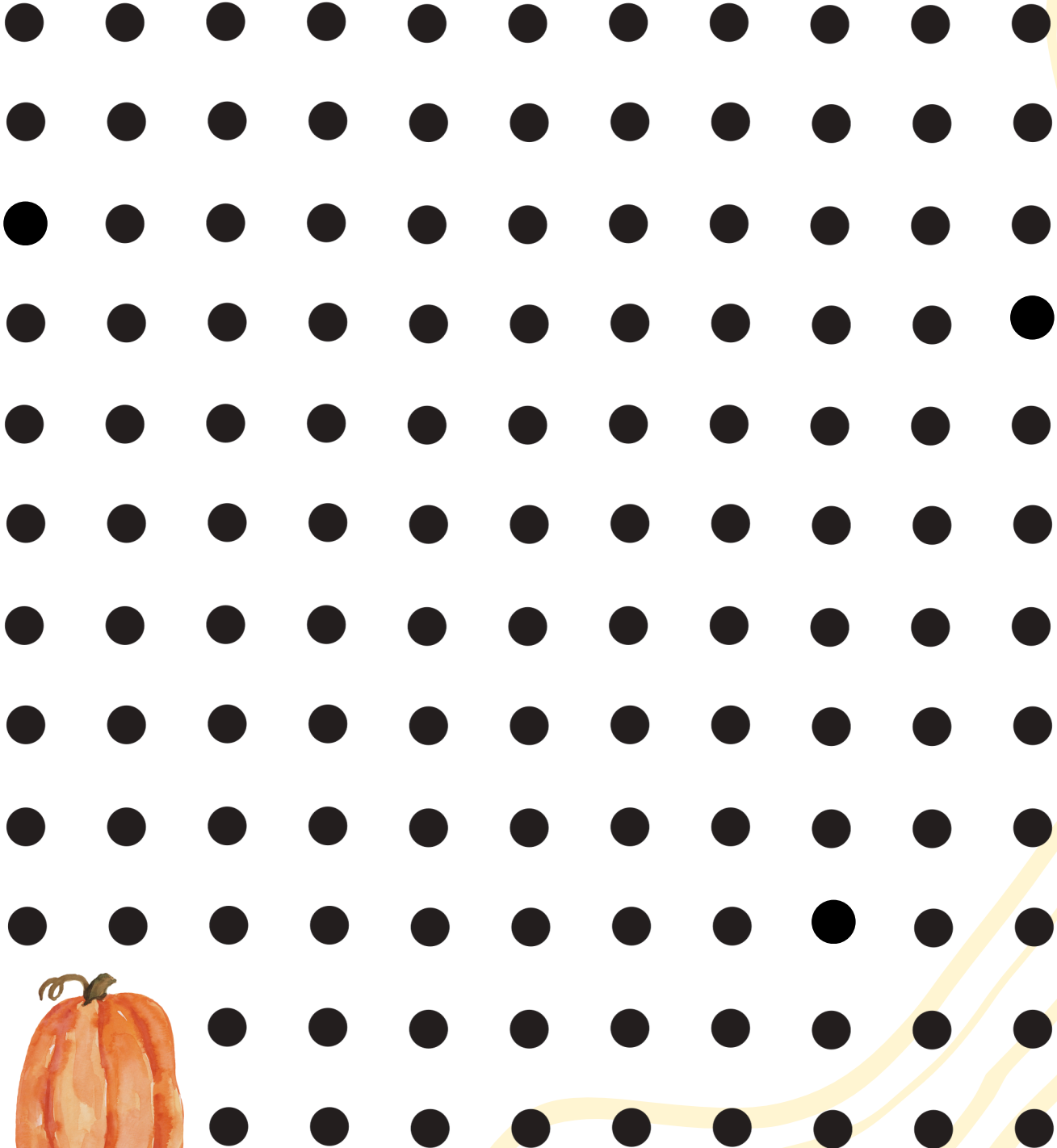
# SQUARES

**TAKING TURNS, CONNECT A LINE FROM ONE CIRCLE TO ANOTHER. WHOEVER MAKES THE LINE THAT COMPLETES THE BOX PUTS THEIR INITIAL IN BOX. THE PERSON WITH THE MOST SQUARES AT THE END OF THE GAME WINS!**

As you play, remember to practice the 7 Commitments:

Non-Violence: Keep your cool if someone blocks your move!

Social Responsibility: Take responsibility for your moves and their outcomes.





# IT'S OKAY TO **GROW & CHANGE**

YOUR GOALS



YOUR MIND



WHAT YOU  
NEED IN  
RELATIONSHIPS



THE SUPPORT  
THAT YOU  
NEED



YOUR  
BELIEFS



YOUR  
EXPECTATIONS  
FOR YOURSELF



WHAT  
MAKES  
YOU  
HAPPY



YOUR MOOD

YOUR  
BOUNDARIES



# GRATITUDE

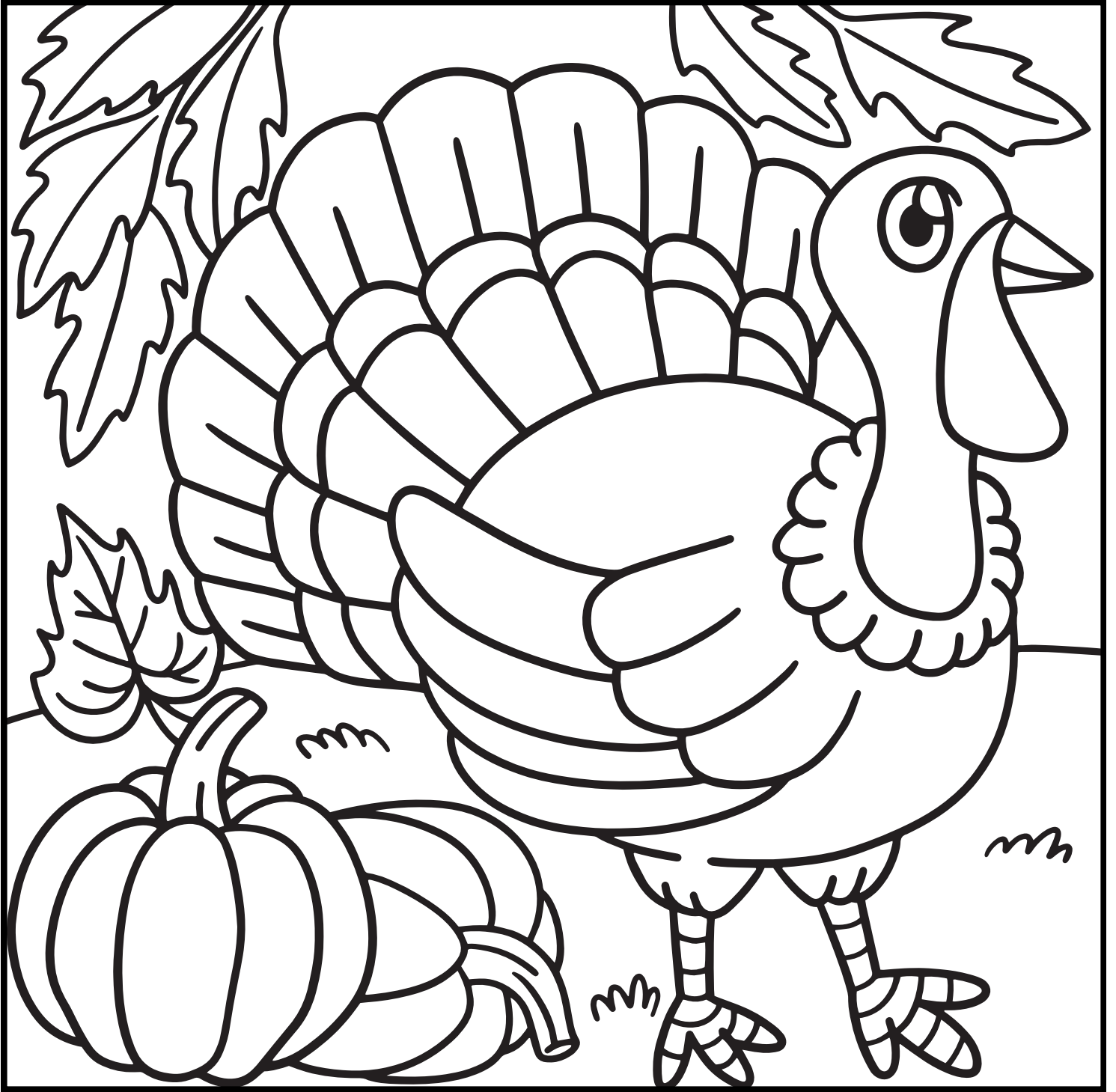
## SCAVENGER HUNT

### SOMETHING I'M GRATEFUL FOR...

- THAT IS IN NATURE...
- THAT TASTES GOOD...
- THAT SMELLS AMAZING...
- THAT HAS BEEN HARD FOR ME...
- THAT I WOULD LIKE TO SHARE WITH OTHERS...
- THAT IS OLDER THAN ME...
- THAT I RECENTLY LEARNED...
- THAT SHOWS A FUN COLOR...
- THAT HAS WORDS ON IT...
- THAT MAKES ME FEEL STRONG...
- THAT MAKES ME LAUGH...
- THAT MAKES ME CRY...
- THAT REPRESENTS MY CULTURE...
- THAT IS SOMEONE THAT I LOVE...



HAPPY



THANKSGIVING

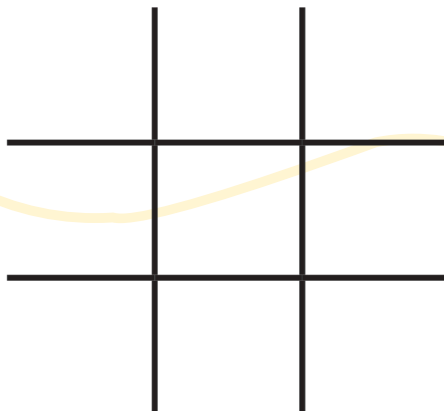
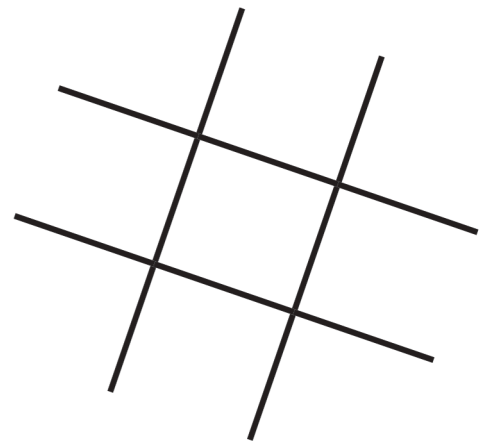
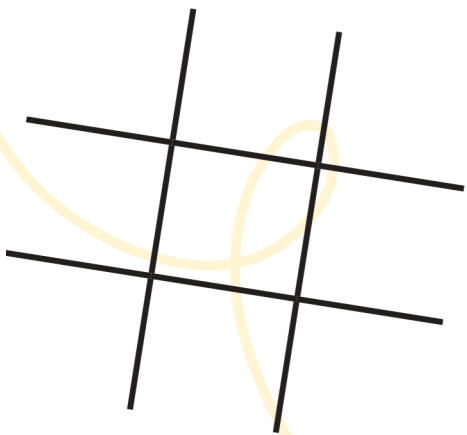
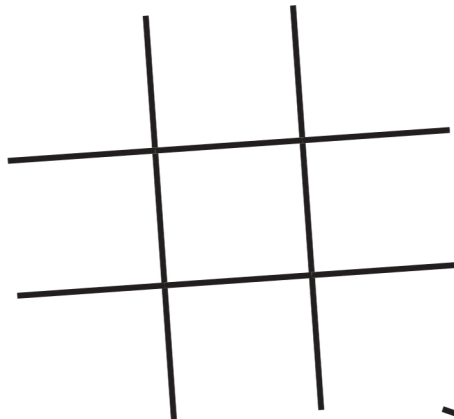
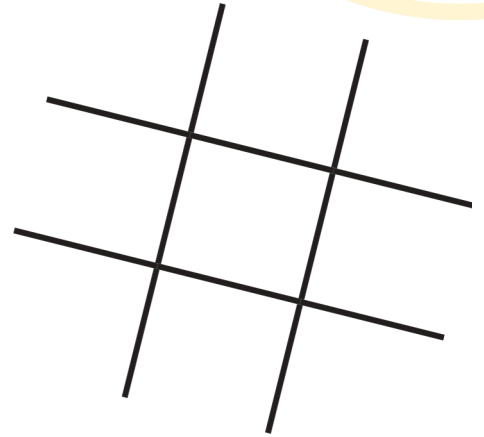
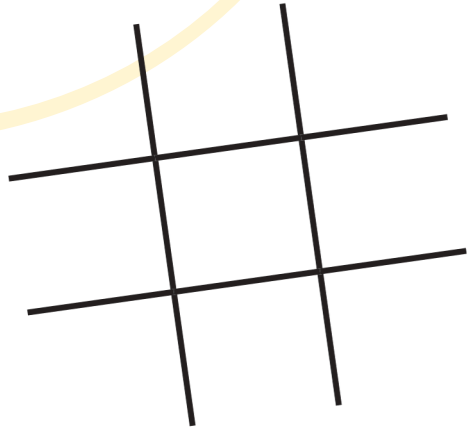
# TIC-TAC-TOE

**CHALLENGE YOUR FAMILY TO GET THREE IN A ROW!**

As you play, remember to practice the 7 Commitments:

Social Learning: Learn from your mistakes and improve your strategy.

Democracy: Take turns fairly and don't cheat.





# FREE THERAPY SERVICES IN PALM BEACH COUNTY!

In-person and telemental health services offered for ages 0-22.



**EDUCATION & TRAINING CENTER**  
100 AUSTRALIAN AVE, SUITE 210  
WEST PALM BEACH, FL 33406  
(561) 233-4460

**HIGHRIDGE FAMILY CENTER (RESIDENTIAL)**  
4200 N. AUSTRALIAN AVE  
WEST PALM BEACH, FL 33407  
(561) 625-2540

**YOUTH & FAMILY COUNSELING - FOUR POINTS**  
50 S. MILITARY TRAIL, SUITE 203  
WEST PALM BEACH, FL 33415  
(561) 242-5714

**YOUTH & FAMILY COUNSELING - NORTH COUNTY**  
3188 PGA BLVD., ROOM 1436  
WEST PALM BEACH, FL 33410  
(561) 242-5714

**YOUTH & FAMILY COUNSELING - WEST COUNTY (BELLE GLADE)**  
2976 STATE ROAD 15  
BELLE GLADE, FL 33430  
(561) 992-1233

**YOUTH & FAMILY COUNSELING - SOUTH COUNTY**  
345 S. CONGRESS AVE  
WEST PALM BEACH, FL 33445  
(561) 276-1340



Scan the QR code  
to learn more  
about our free  
therapy services.

