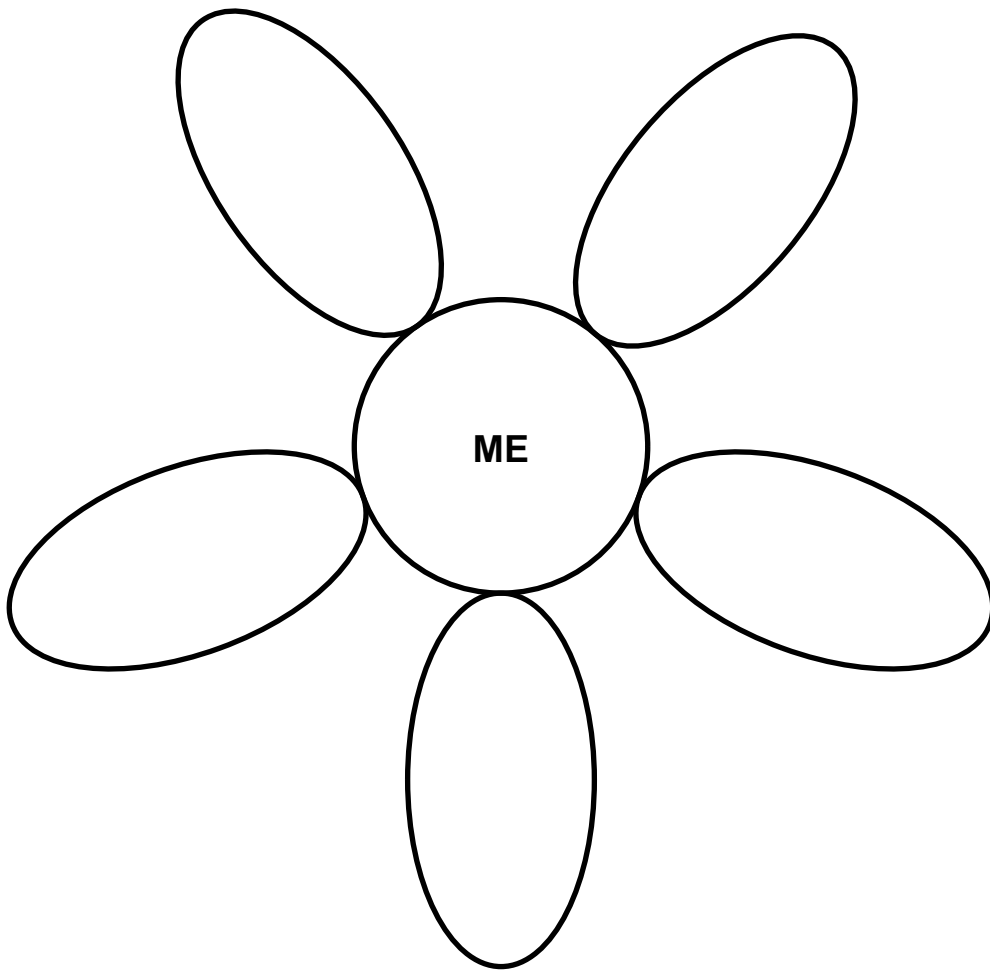




Southend  
**YMCA** | Here for young people  
Here for communities  
Here for you

## My Sunflower of Support



Write or draw one idea in each petal.

- Someone who helps me
- Something that makes me feel calm
  - A place where I feel safe
  - A kind thing I can do
  - Something I enjoy