



HORIZON GRIEF RESOURCE CENTER
SELF CARE NEWSLETTER

*Sometimes we just need someone to
tell us that we are going to be okay.
You really are!*

LISTEN TO MELODY ROSS READ HER BOOK "YOU ARE GOING TO BE OKAY":
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=K-1VBSDJNWI&T=3S](https://www.youtube.com/watch?v=K-1VBSDJNWI&T=3S)