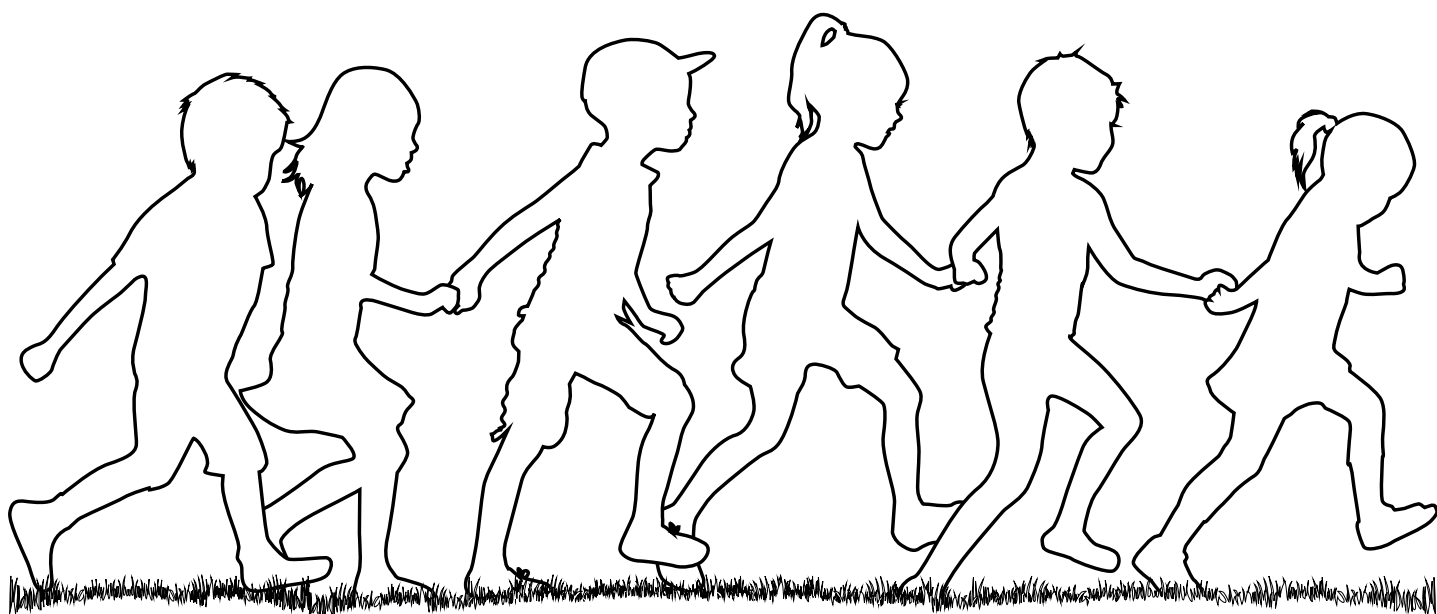


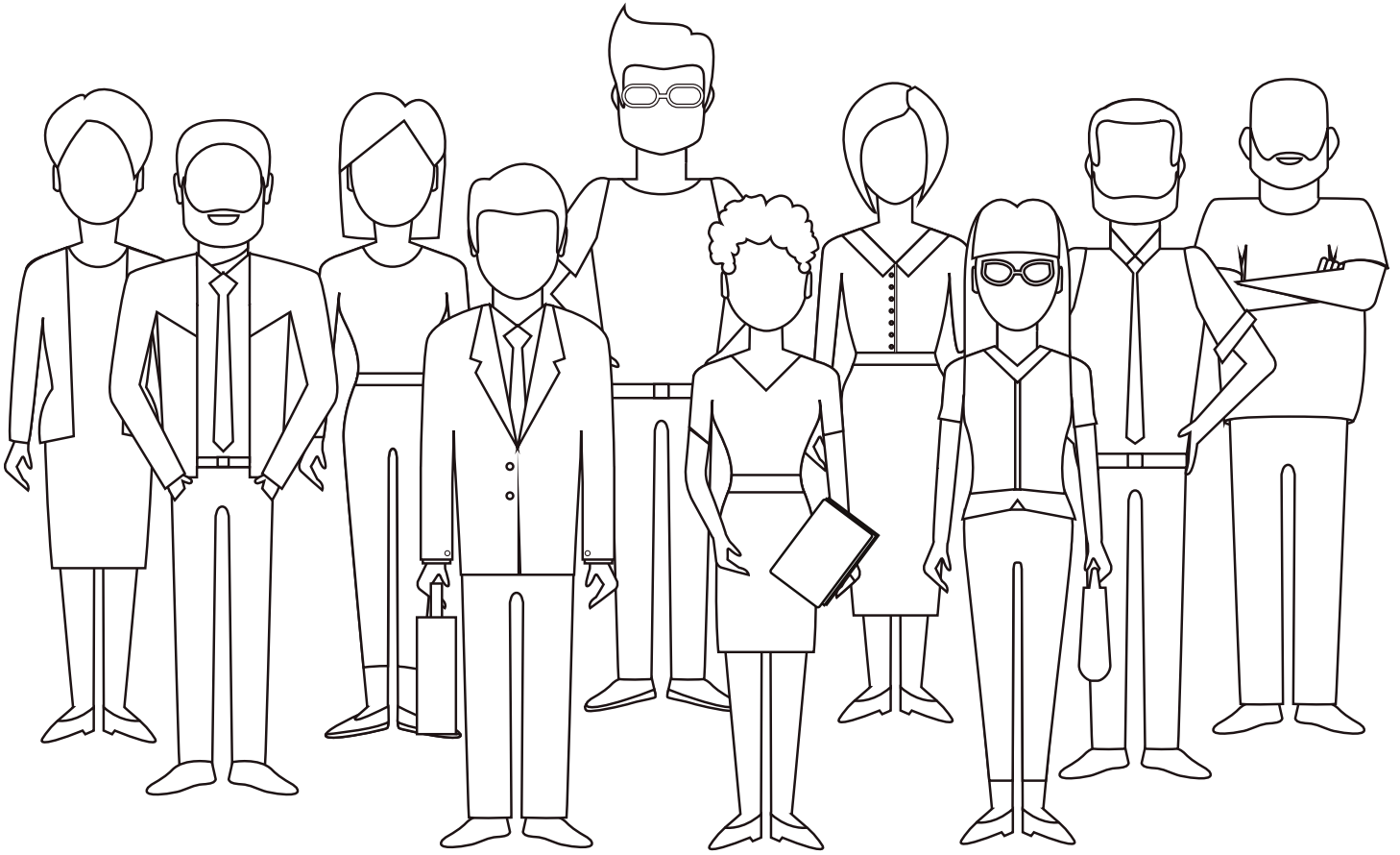
COLORFUL VOICES

A Children's Advocacy Center Coloring Book





Children's Advocacy Centers are safe places for kids. Children's Advocacy Centers are also called CACs.



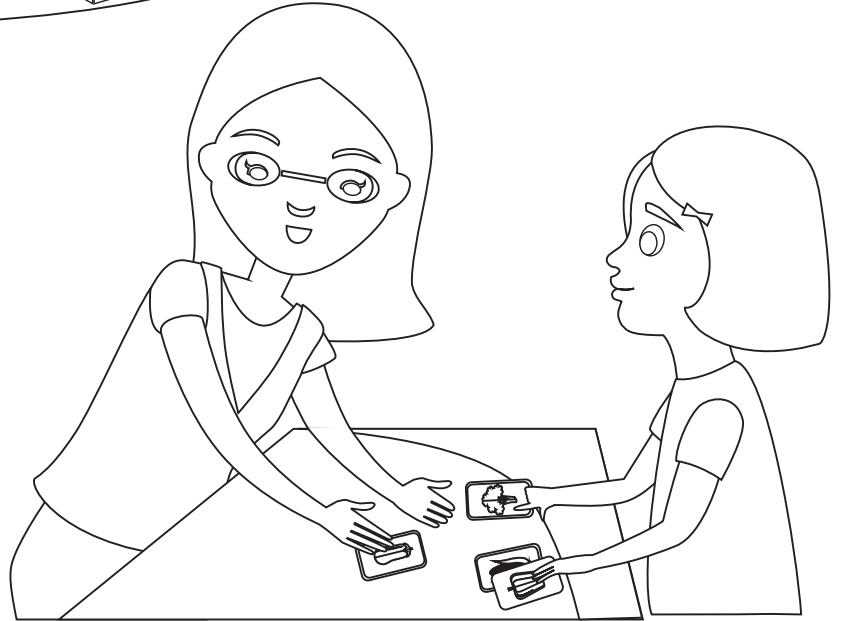
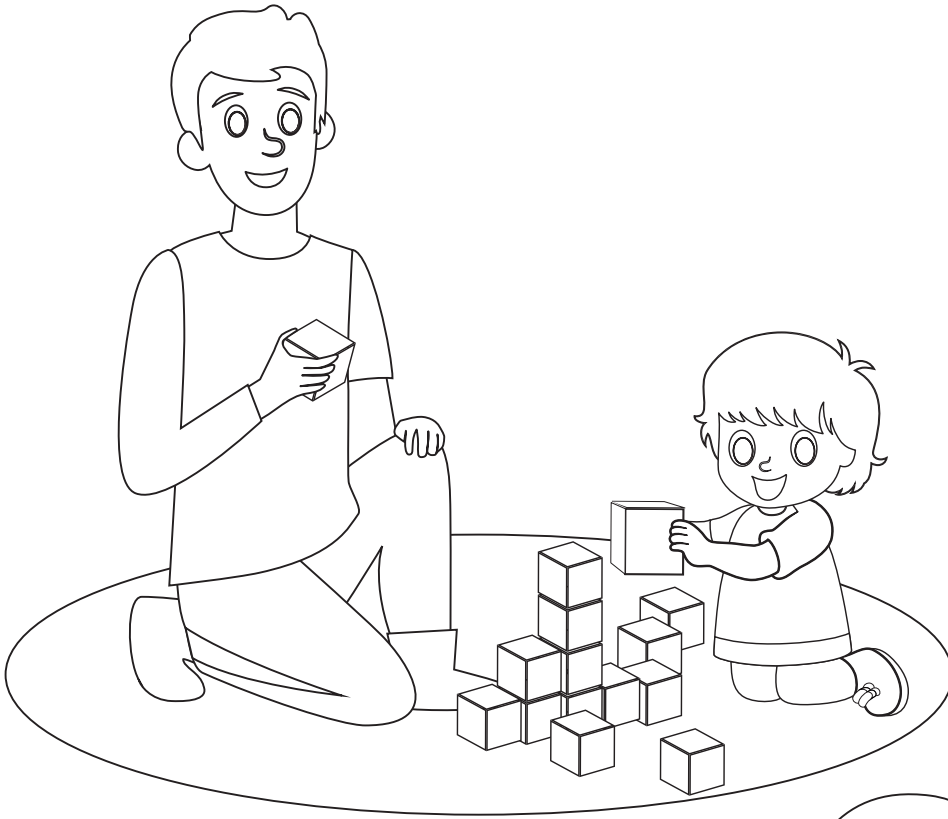
There is a whole team of safe people at CACs, including investigators, medical providers, legal professionals, and advocates. They are there to help keep kids safe and help kids heal.



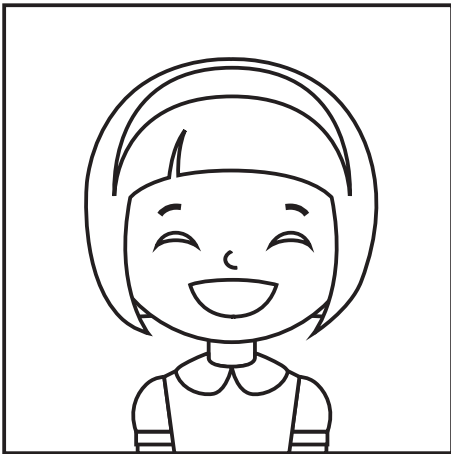
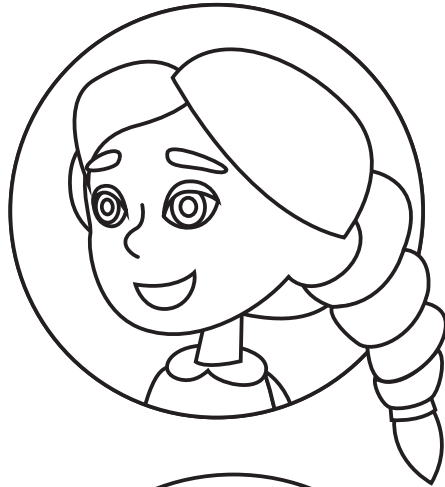
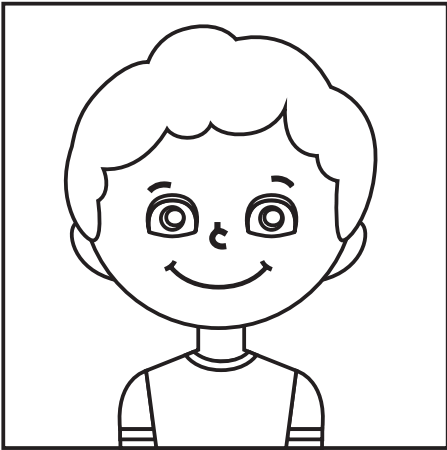
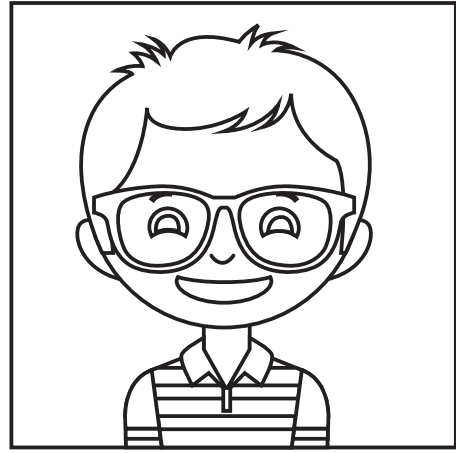
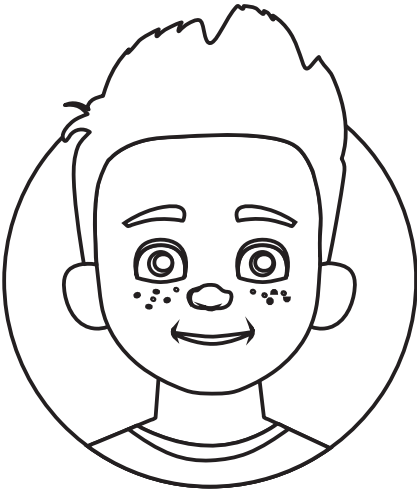
They are like a team of your very own superheroes, who are here to help protect you and help you feel better!



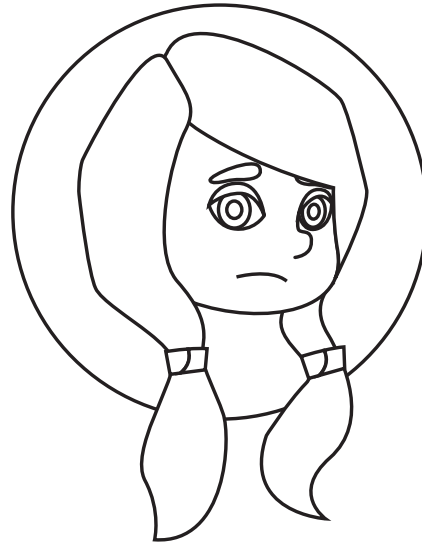
Counselors are people that you can talk to about your feelings. Counselors at CACs are trained to help kids. They help encourage kids to let out their feelings and learn ways to feel better.



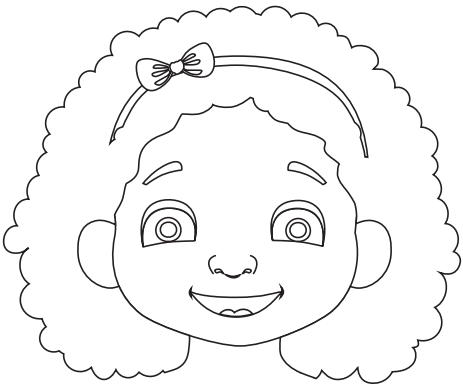
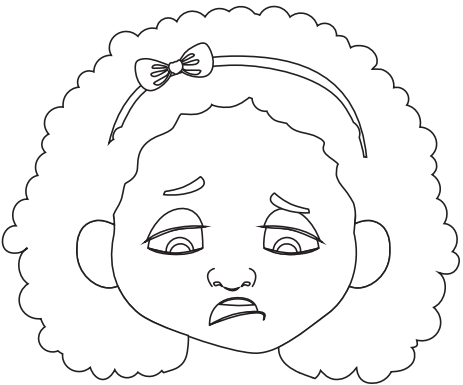
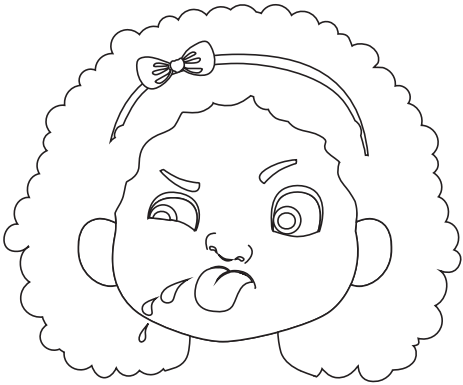
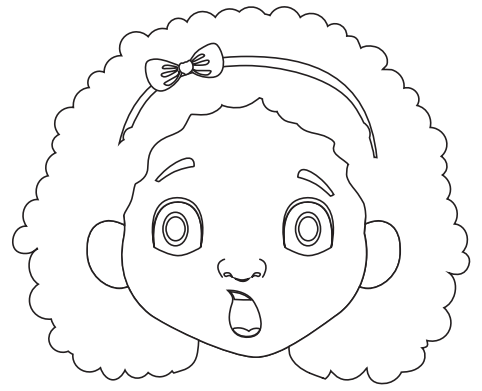
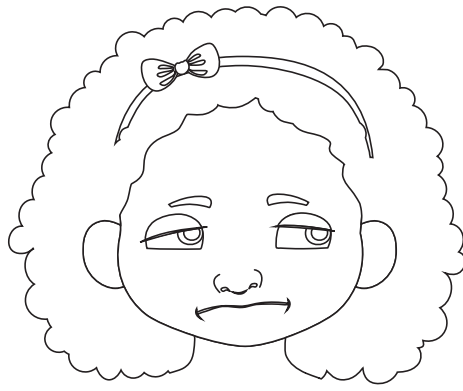
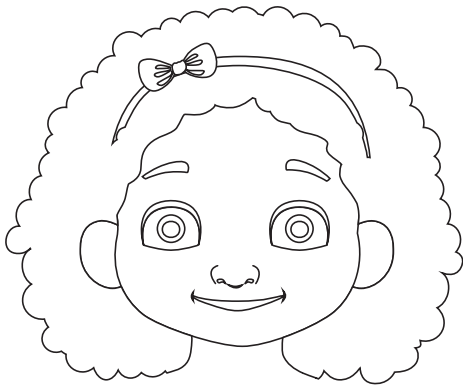
Counselors at CACs usually have fun rooms with toys, art supplies, sand, puppets, and other fun stuff for you to play with.



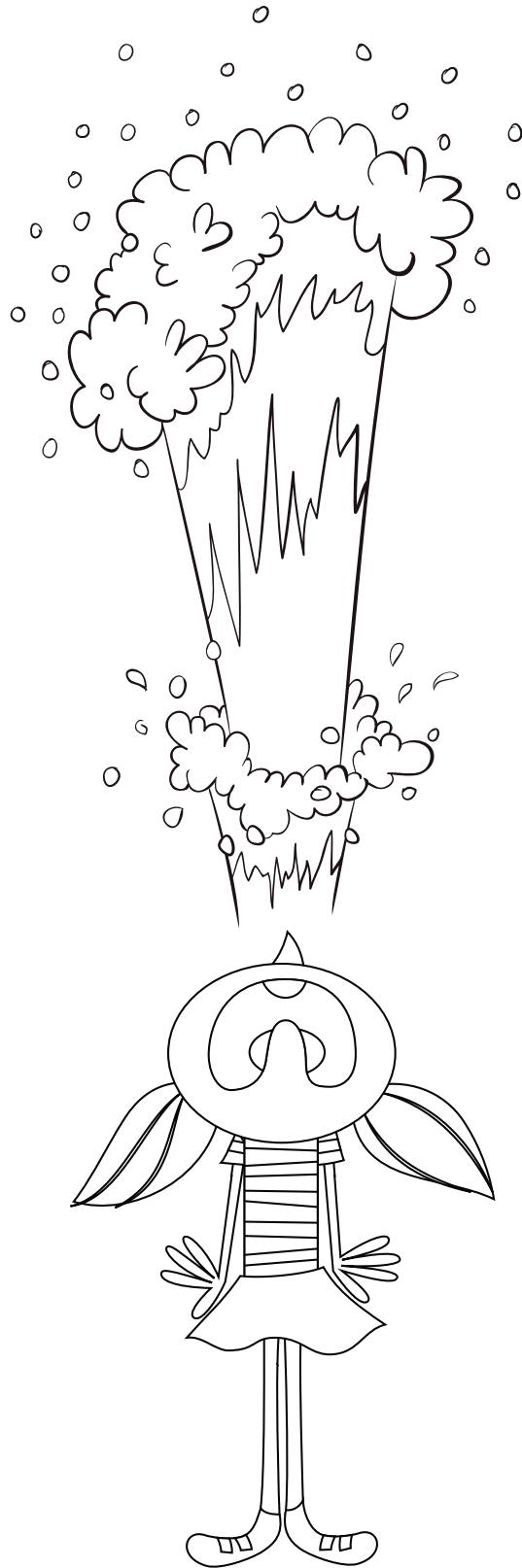
People, including children, have lots of feelings! Some feelings are positive, like joy, happiness, and excitement!



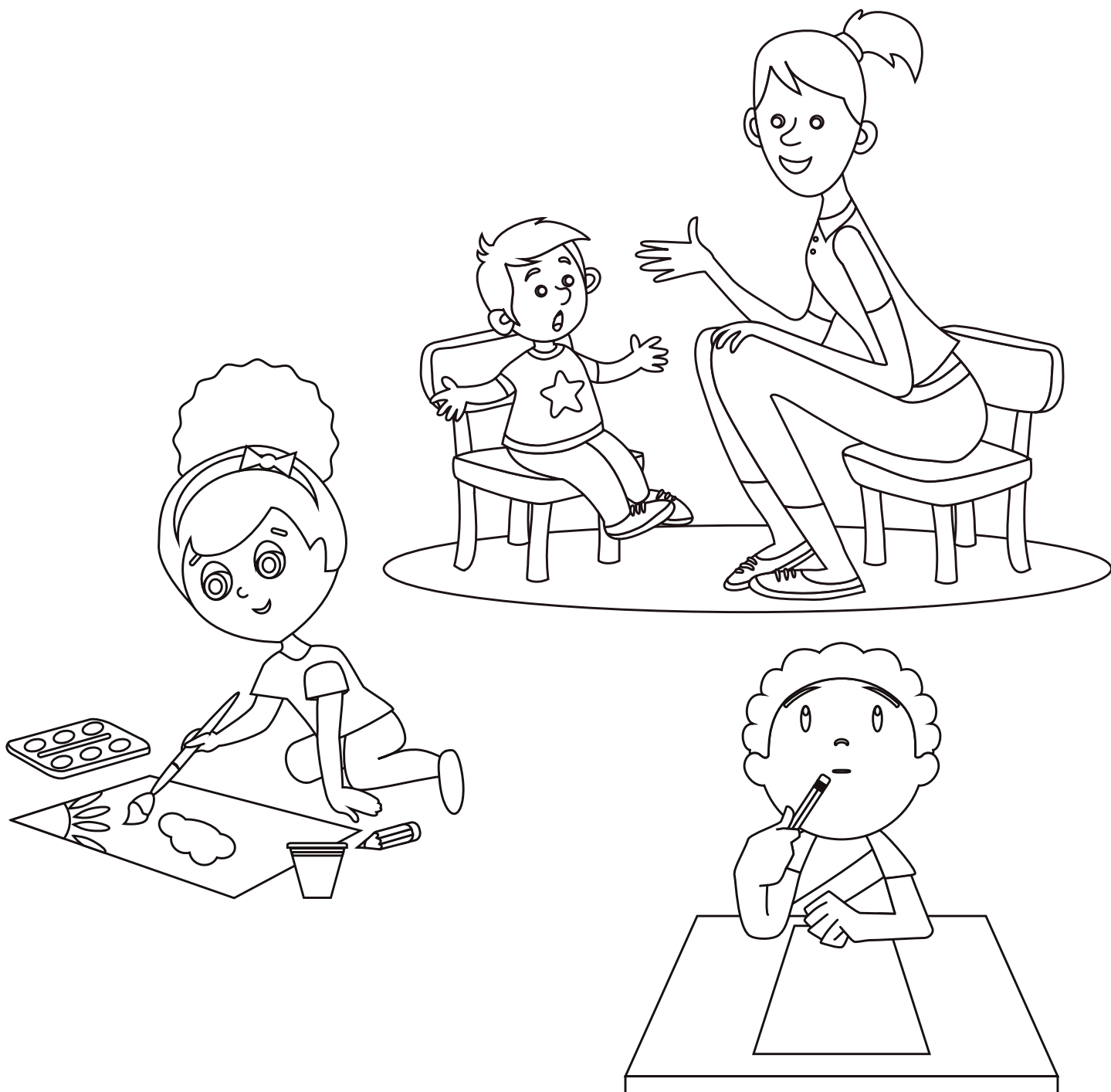
There are other feelings that don't feel very good. Some examples of those are anger, fear, sadness, shame, guilt, and worry.



All of your feelings are okay, and it's important to let them out!



When we hold negative feelings inside, they can build up like a volcano, and we all know what happens when a volcano gets full!



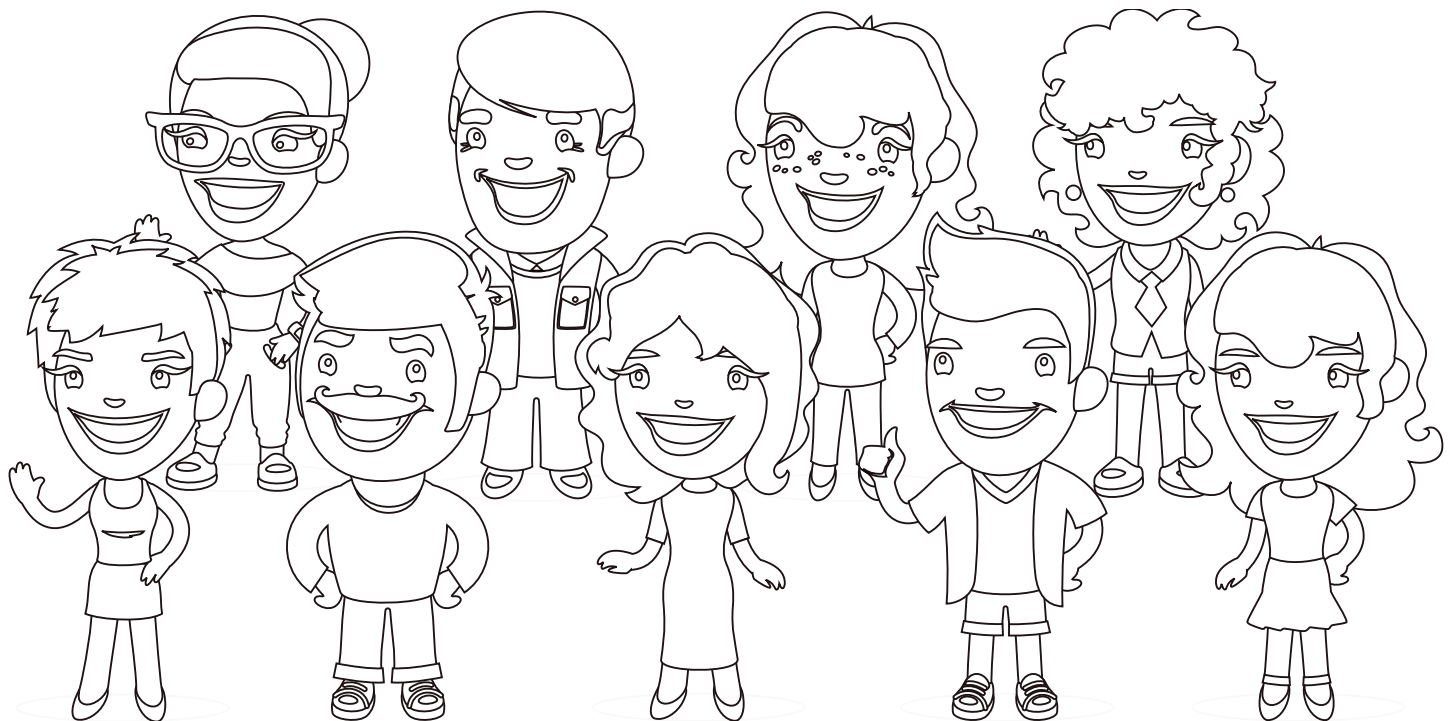
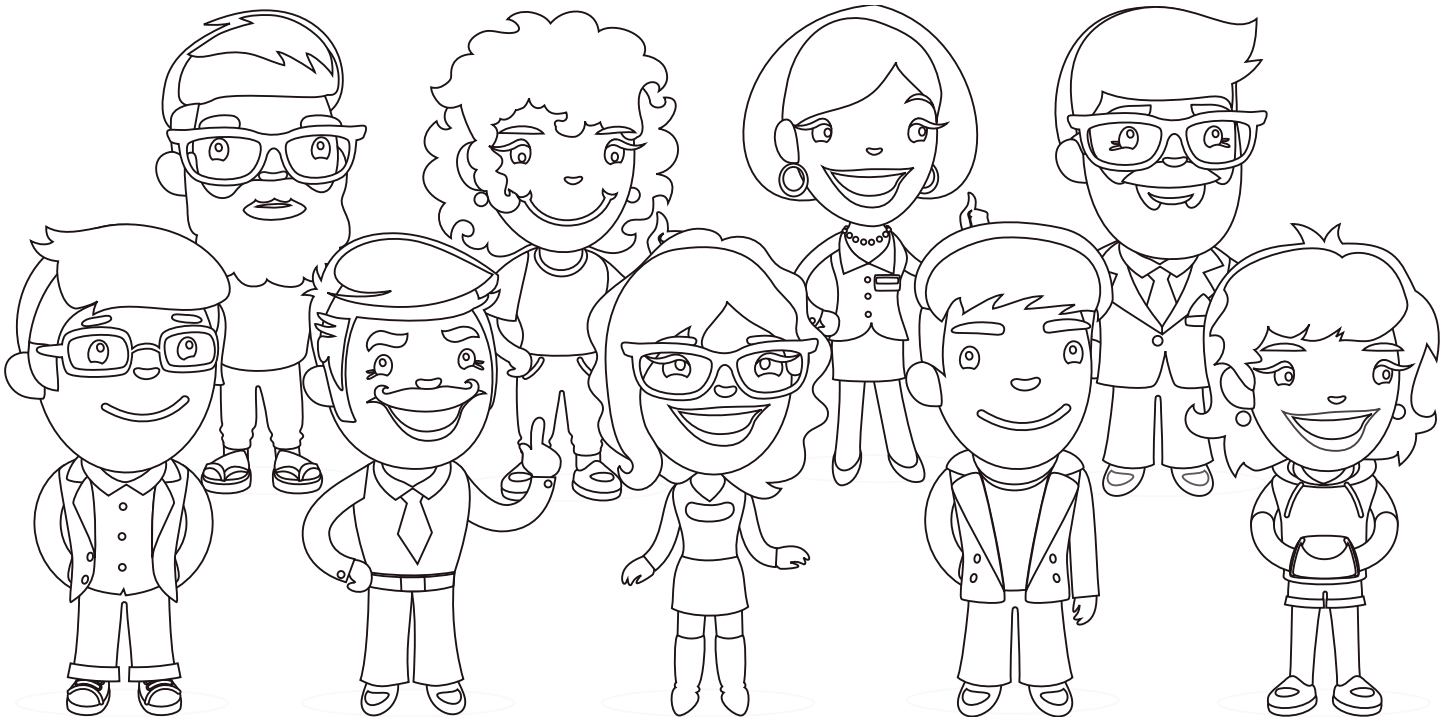
There are a few good ways to let feelings out, like talking with safe people, writing, and drawing. It's important to try different things, because everyone is different and so are their feelings.



Once you've let your feelings out, it's important to learn coping skills. Coping skills are the tools we use to take care of our feelings.



Counselors can help you learn the coping skills that work best for you, so that no matter where you are, if you're dealing with some tough feelings, you'll know just what to do.



Remember that there are LOTS of safe people at CACs who care about you and who are there to help you! If you have any questions, ask! If you need something while you're there, tell someone! They are there to listen to you, support you, and help you feel better!

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