



WITH THE  
YOUTH SERVICES  
DEPARTMENT,

**MENTAL  
HEALTH  
DOESN'T  
HAVE TO  
BE SCARY...**

WEAVE A NEW WEB OF TRADITIONS AND  
UNMASK YOUR FAMILY'S FEELINGS  
WITH THIS FUN FOR ALL,  
HALLOWEEN-THEMED ACTIVITY BOOK!

*from the Education & Training Center*



# THE SPOOKY SCOOP: COMMUNITY MEETING



'HOWL' ARE YOU FEELING?

WHAT'S YOUR 'GHOUL' FOR



THE DAY?

WHO YOU GONNA CALL...

FOR HELP?



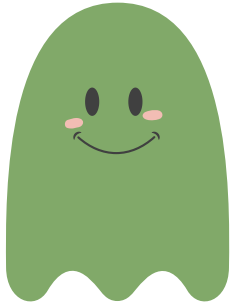
"IN THE SHADOWS OF FEAR, FIND THE  
COURAGE TO BE EXTRAORDINARY."

BRENÉ BROWN



# HOW ARE YOU FEELING?

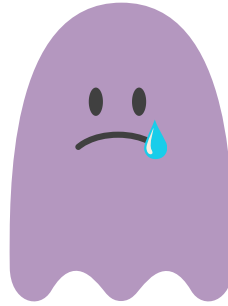
DON'T GHOST YOUR FEELINGS, TALK ABOUT THEM



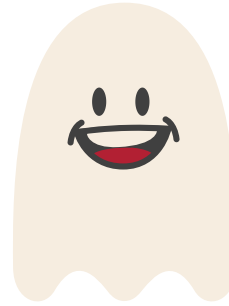
HAPPY



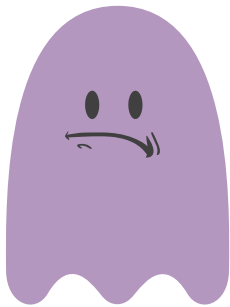
ANGRY



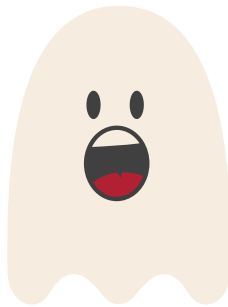
SAD



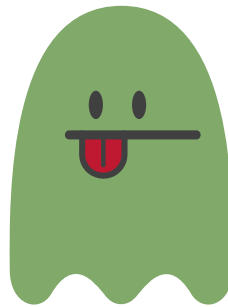
EXCITED



JEALOUS



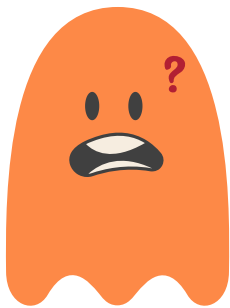
SURPRISED



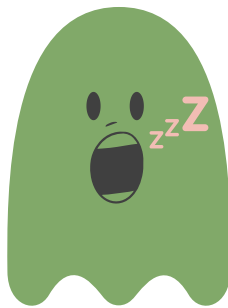
BORED



EMBARRASSED



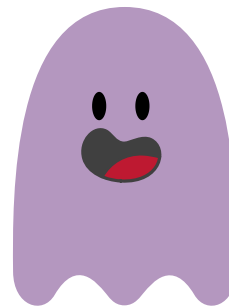
CONFUSED



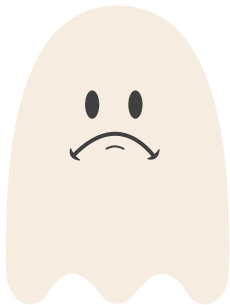
TIRED



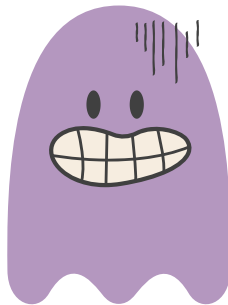
SHY



SILLY



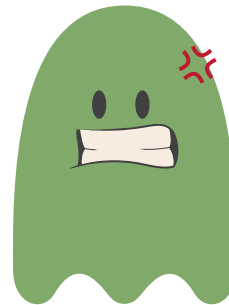
DISAPPOINTED



WORRIED



SCARED



FRUSTRATED



# CARVE OUT TIME

## FOR YOUR SELF-CARE PLAN!



TREAT YOURSELF  
TO SOMETHING  
SPECIAL!



STAY AWAY  
FROM TOXIC  
THINGS!



CELEBRATE YOUR  
ACCOMPLISHMENTS!

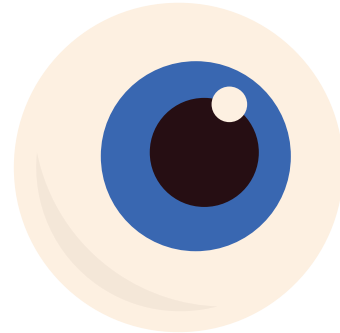


PICK OUT AND  
DECORATE A  
PUMPKIN!

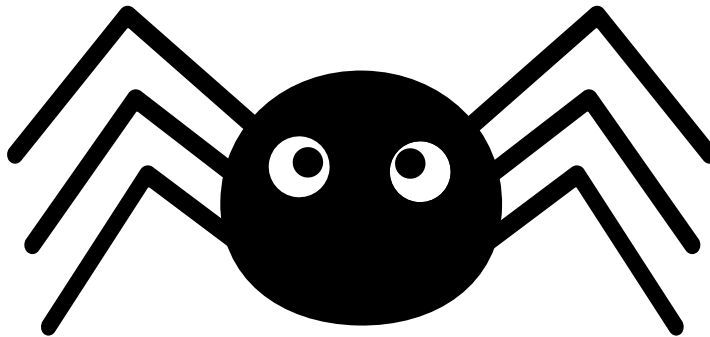


DUST OFF A  
CREATIVE SKILL  
OR HOBBY!

WATCH A HALLOWEEN  
MOVIE YOU ENJOY!



TAKE A  
BREAK!



DO SOMETHING YOU'VE BEEN  
AFRAID TO DO!



BREW A NEW  
FAMILY RECIPE!



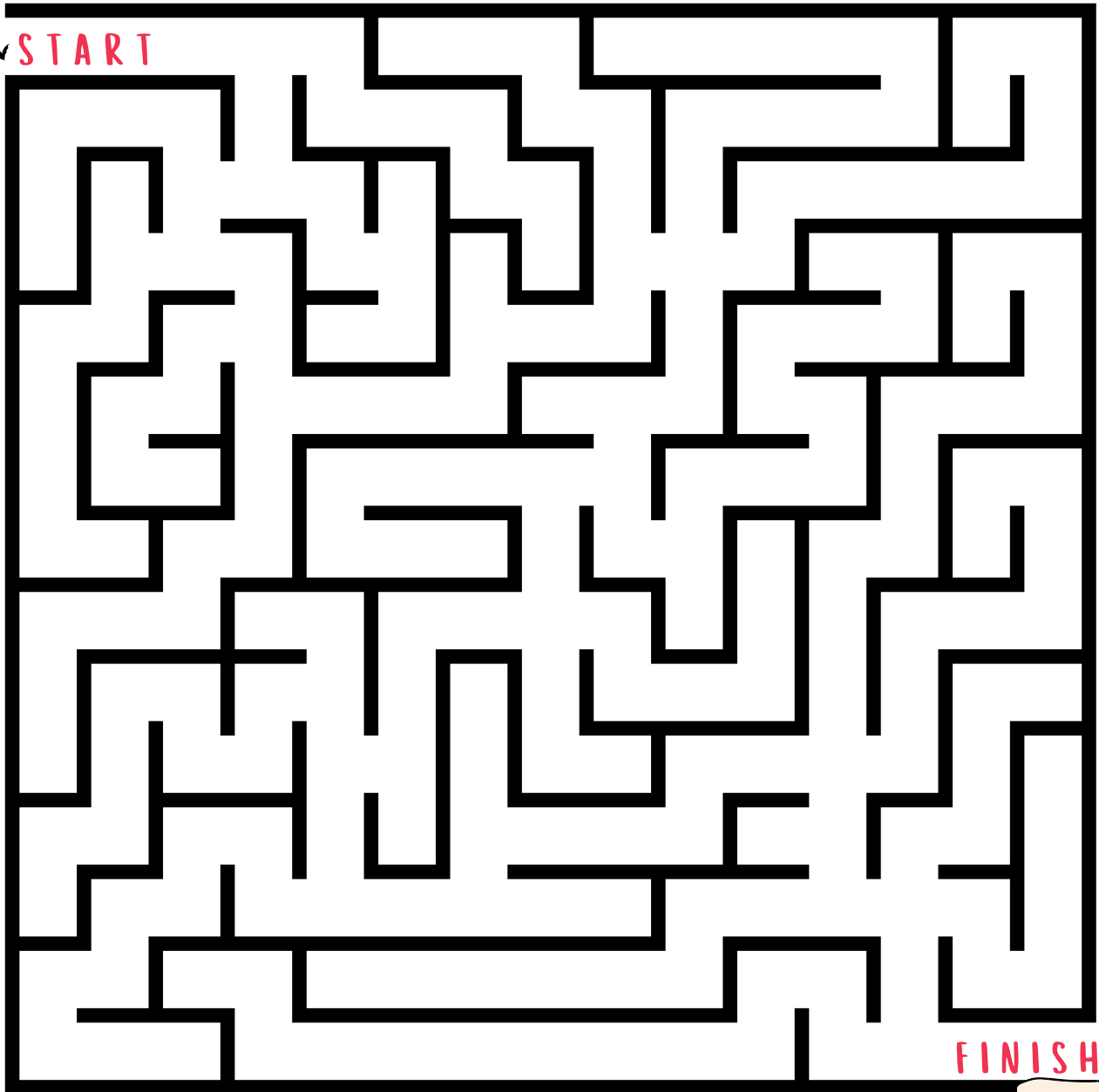
DON'T LET THE LITTLE THINGS



**DRAIN**

YOU...

USE YOUR COPING PLAN!





# TRICK OR TREAT YO'

## SELF

### SAFETY

- HOW WILL WE STAY TOGETHER WHILE TRICK-OR-TREATING? WHO WILL BE THE LEADER OF OUR GROUP?
- WHAT IS THE PLAN IF SOMEONE GETS LOST? WHERE IS THE MEETING SPOT?

### EMOTIONS

- WHAT ARE YOU MOST EXCITED ABOUT FOR HALLOWEEN? COSTUMES, CANDY, OR SOMETHING ELSE?
- HAVE YOU EVER FELT SCARED DURING A HALLOWEEN MOVIE OR HAUNTED HOUSE? HOW DID YOU COPE?

### LOSS/ CHANGE

- WHAT IF YOU OUTGROW A FAVORITE HALLOWEEN ACTIVITY? WHAT NEW ONES CAN YOU TRY?
- ARE THERE ANY HALLOWEEN MEMORIES OF A LOVED ONE WHO IS NO LONGER WITH US? HOW CAN WE HONOR THEM?

### FUTURE

- WHAT IS SOMETHING YOU CAN'T WAIT TO DO FOR HALLOWEEN WHEN YOU'RE OLDER?
- WHAT'S A NEW HALLOWEEN TRADITION YOU WANT TO START WHEN YOU HAVE A FAMILY OF YOUR OWN?







# UNWRAP



## THE SEVEN COMMITMENTS WORD SCRAMBLE

ECNILOVON

---

NEPO

NOITAMUCMUNOCIEP

---

LAICOS

YLIBISESROP

---

YCNERODEM

---

LAICOS

GNINRAEL

---

LAIEMTNEO

ECGNITNELIE

---

HTGAORW

DNA

EGNAHC

---



ANSWER KEY  
1.) KNOWLEDGE  
2.) OPEN COMMUNICATION  
3.) SOCIAL RESPONSIBILITY  
4.) DEMOCRACY  
5.) SOCIAL LEARNING  
6.) EMOTIONAL INTELLIGENCE  
7.) GROWTH AND CHANGE





# 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.

