

“Hope is always available to us. When we feel defeated, we need only take a deep breath and say, ‘Yes,’ and hope will reappear.”



Monroe Forester

*“We must accept
finite disappointment,
but never lose
infinite hope.”*



Martin Luther King, Jr.

“When you do nothing, you feel overwhelmed and powerless. But when you get involved, you feel the sense of hope and accomplishment that comes from knowing you are working to make things better.”



Pauline R. Kezer

This is a safe place



**What is said in the group and
who you see in the group
stays in the group**