

**A REMINDER FROM THE YOUTH SERVICES DEPARTMENT THIS THANKSGIVING:**



# **Gratitude is the Attitude that Heals**



Reflect on the blessings of the past year and help your family discover the joy of expressing gratitude with this fun-for-all Thanksgiving-themed activity book!

from the Education & Training Center



# THANKSGIVING COMMUNITY MEETING



Community meetings help us check in with each other and understand how we're feeling. Here are some Thanksgiving-themed questions for your family meeting!

## 1.) HOW ARE YOU FEELING?

If your feeling was a Thanksgiving dinner item, which one would it be?

What is something you are proud of or thankful for?



## 2.) WHAT IS YOUR GOAL FOR TODAY?

What is one fall activity you are looking forward to doing?

What is one thing you are looking forward to this coming year?



## 3.) WHO CAN YOU ASK FOR HELP?

How could you help someone else this holiday season?

Who are you thankful for that has helped you this year?



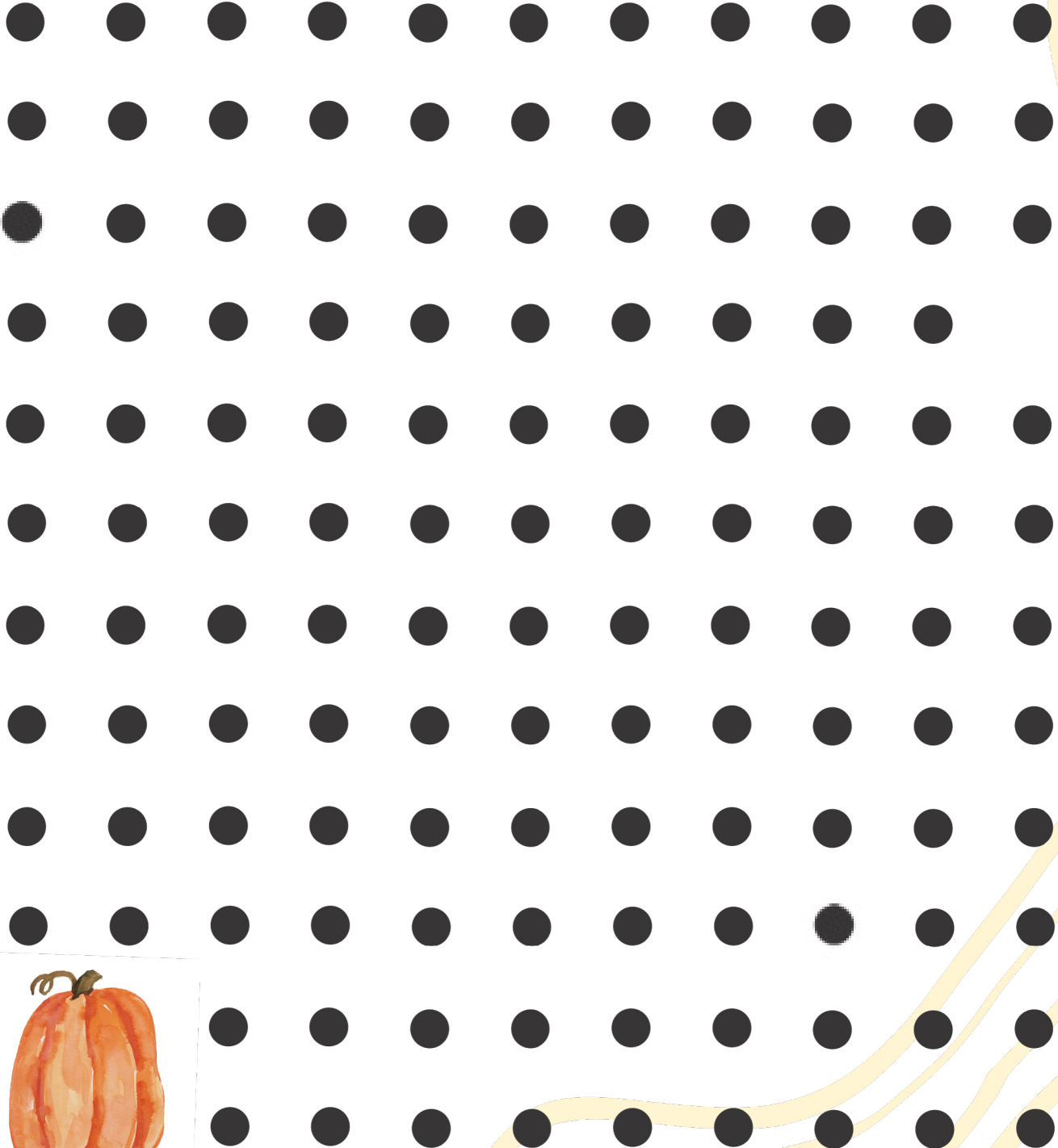
# SQUARES

**TAKING TURNS, CONNECT A LINE FROM ONE CIRCLE TO ANOTHER. WHOEVER MAKES THE LINE THAT COMPLETES THE BOX PUTS THEIR INITIAL IN BOX. THE PERSON WITH THE MOST SQUARES AT THE END OF THE GAME WINS!**

As you play, remember to practice the 7 Commitments:

Non-Violence: Keep your cool if someone blocks your move!

Social Responsibility: Take responsibility for your moves and their outcomes.






# IT'S OKAY TO GROW & CHANGE



YOUR MIND



YOUR GOALS




WHAT YOU  
NEED IN  
RELATIONSHIPS



THE SUPPORT  
THAT YOU  
NEED



YOUR  
BELIEFS



WHAT  
MAKES  
YOU  
HAPPY



EXPECTATIONS  
FOR YOURSELF



YOUR  
BOUNDARIES



YOUR MOOD





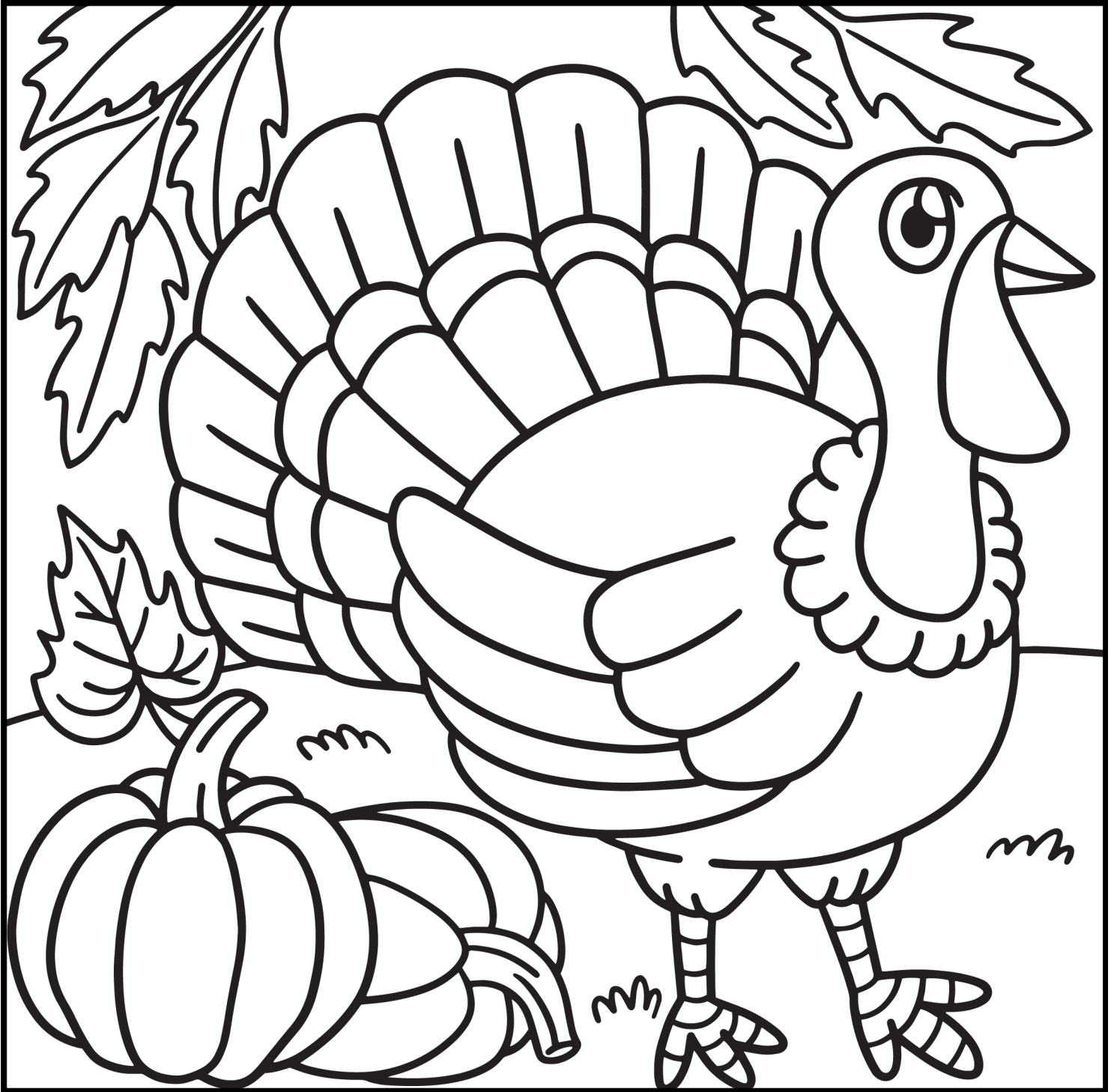
# GRATITUDE SCAVENGER HUNT

## SOMETHING I'M GRATEFUL FOR...

- THAT IS IN NATURE...
- THAT TASTES GOOD...
- THAT SMELLS AMAZING...
- THAT HAS BEEN HARD FOR ME...
- THAT I WOULD LIKE TO SHARE WITH OTHERS...
- THAT IS OLDER THAN ME...
- THAT I RECENTLY LEARNED...
- THAT SHOWS A FUN COLOR...
- THAT HAS WORDS ON IT...
- THAT MAKES ME FEEL STRONG...
- THAT MAKES ME LAUGH...
- THAT MAKES ME CRY...
- THAT IS SOMEONE THAT I LOVE...
- THAT REPRESENTS MY CULTURE...



**HAPPY**



**THANKSGIVING**

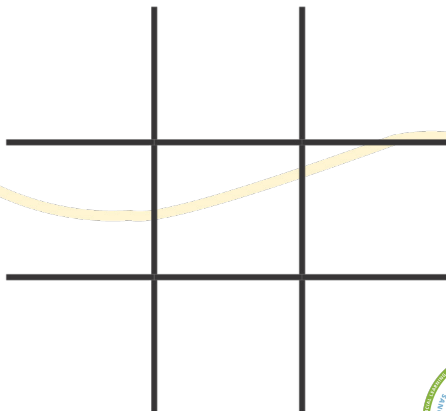
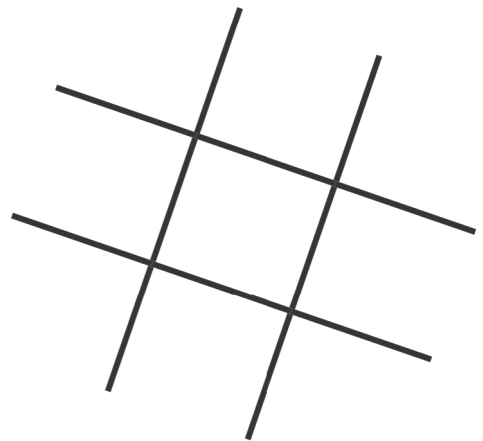
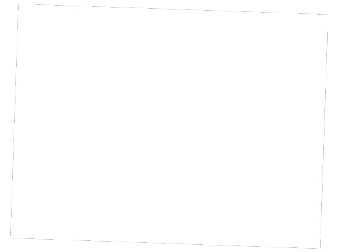
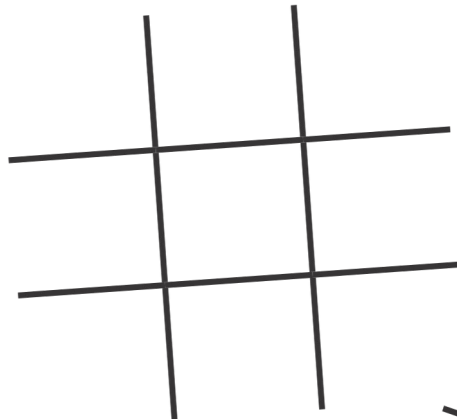
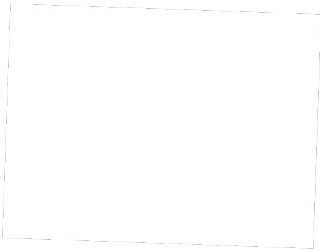
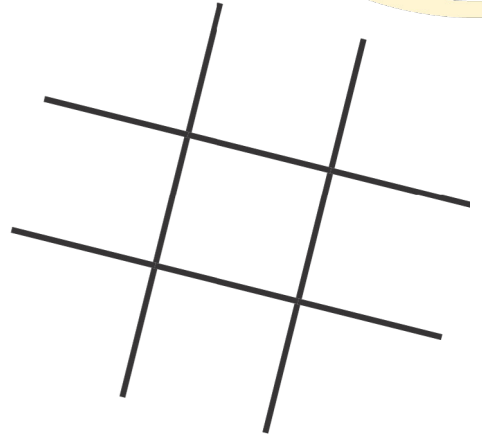
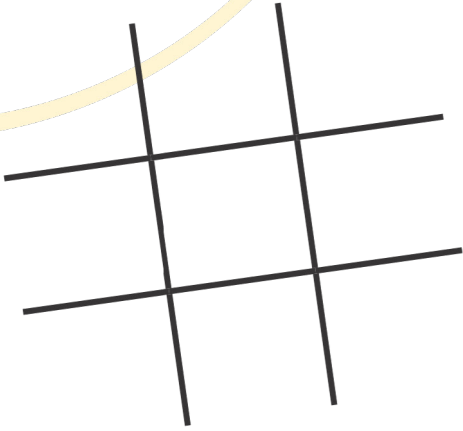
# TIC-TAC-TOE

## CHALLENGE YOUR FAMILY TO GET THREE IN A ROW!

As you play, remember to practice the 7 Commitments:

Social Learning: Learn from your mistakes and improve your strategy.

Democracy: Take turns fairly and don't cheat.



# Thanksgiving Emoji Game

Instructions: Guess the Thanksgiving-themed phrase or word for each emoji sequence. As Remember to practice the 7 Commitments: Democracy: Work together as a family to solve each item! Social Responsibility: Together we accomplish more so make sure everyone makes a contribution! Social Learning: Learn from the items your family can easily figure out to improve your strategy as you work through the rest.

## THANKSGIVING Emoji Game

1. 🍂 🥧 \_\_\_\_\_
2. 🦃 👟 \_\_\_\_\_
3. 🌽 📄 📄 \_\_\_\_\_
4. 🍌 🥔 \_\_\_\_\_
5. 🖤 🍟 📅 \_\_\_\_\_
6. 🍏 🥧 \_\_\_\_\_
7. 📅 🌍 \_\_\_\_\_
8. TUR 🔑 \_\_\_\_\_
9. 🏠 E \_\_\_\_\_
10. A 🌽 \_\_\_\_\_
11. 🦃 🌑 \_\_\_\_\_
12. 🟩 🐝 NS \_\_\_\_\_
13. 👗 :ING \_\_\_\_\_
14. HAR 🏠 \_\_\_\_\_
15. 🌽 🍞 \_\_\_\_\_
16. 🍂 🍷 \_\_\_\_\_
17. F 🚫 📄 \_\_\_\_\_
18. 👍 🔄 S \_\_\_\_\_

Answers: 1. pumpkin pie 2. turkey bowl 3. Cornucopia (corn-u-copy-u) 4. Sweet potato 5. Black Friday 6. Apple pie 7. Mayflower 8. Turkey 9. Gray 10. Acord 11. Turkey trot 12. Greens beans 13. Dressing 14. Harvest 15. Cornbread 16. Pumpkin spice 17. Feast 18. leftovers

# Thanksgiving Roll & Share

Instructions: Players take turns rolling the dice and answering the question that matches the number they rolled. If you don't have any dice, just pick a number!

As you play, remember to practice the Sanctuary 7 Commitments: Open Communication: Everyone has a chance to share their thoughts and feelings in a safe space. Social Learning: Learn about and respect the ideas of others. Growth and Change: Reflect on the past and develop new ideas for the future as you answer the questions.



Share one thing you are grateful for.



Tell us about funny Thanksgiving moment.



If you could spend Thanksgiving anywhere in the world, where would it be?



Share a Thanksgiving memory from childhood.



What is a new Thanksgiving tradition you would like to start?



Describe how you would spend a perfect Thanksgiving evening.



# What is Therapy?

Therapy is a safe space and judgment-free zone where you can talk about your thoughts and feelings with someone who listens and helps you find ways to feel better. It's a place to learn new skills, build confidence, and get support when life feels tough.



## Why is Therapy Helpful?

- A safe space to share feelings
- Teaches tools to handle stress, anxiety, and emotions
- Better communication with friends & family
- More confidence in yourself
- Healing & support for tough experiences

## Breaking the Stigma!

Taking care of your mental health is just as important as taking care of your physical health. Therapy isn't just for big problems -it's for anyone who wants to grow, heal and feel their best. Asking for help is a sign of strength.

## Let's Normalize Therapy!

- It's okay to ask for help.
- You don't have to go through things alone.
  - Everyone deserves support and care.



**Your mental health matters.**

**You matter.**

**Therapy is here to help you feel heard, understood, and stronger everyday!**



# FREE THERAPY SERVICES IN PALM BEACH COUNTY!



IN-PERSON AND TELEMENTAL HEALTH SERVICES OFFERED FOR AGES 0-22

## Central Palm Beach County

Education & Training Center  
100 Australian Ave, Suite 210, West Palm Beach, FL 33406  
(561) 233-4460

Youth & Family Counseling- Four Points  
50 S. Military Trail, West Palm Beach, FL 33415  
(561) 242-5714

## Northern Palm Beach County

Youth & Family Counseling  
3188 PGA Blvd., Room 1435, Palm Beach Gardens FL 33410  
(561) 242-5714- By appointment only

## Southern Palm Beach County

Youth & Family Counseling  
345 S. Congress Ave, Delray Beach, FL 33445  
(561) 276-1340

## Western Palm Beach County

Youth & Family Counseling- Western Palm Beach County  
3C.L Brumback Health Center, Belle Glade, FL 33430  
(561) 492-1233

## RESIDENTIAL TREATMENT PROGRAM

Highridge Family Center  
4200 N. Australian Ave, West Palm Beach, FL 33407  
(561) 625-2540

[pbc.gov/youthservices](http://pbc.gov/youthservices)



Scan the QR code to  
request services

