FULL VALUE CONTRACT

I AGREE TO BE HONEST AND KIND, I WILL NOT MAKE COMMENTS OR BEHAVE
IN A WAY THAT MIGHT HURT OR DEVALUE ANOTHER PERSON OR MYSELF

This is an agreement that is helpful, as a reminder of how we can conduct ourselves, to prevent expressing ourselves or behaving in a manner that could condone violence or abuse. Being kind and honest can assist us to develop better communication skills, and to become much more effective when it comes to acting as a team to reach our goals.

I am proud to say that over 100 youth have been instructors. These youth have served in the capacity as mentors and role models, and carry a sense of pride about their culture and the integrity that comes with living in a way that is kind and respectful. The workshop speaks directly about the importance of living in a way that respects our mind, body and spirit, and can be used as a teaching tool for Addictions, Sexuality, and Diversity.

If you would like to purchase a bracelet, or if you would like more info on this process, please contact Lisa Brown at 541-444-1290 or nadosh2@yahoo.com. Thank you.

/\/\/\<><>/\<><>/\/\/\<><>/\<><>/\/\/\<><>/\<><>/\/\/\/\<><>/\<>/\/\/\<><>/\<><>/\/\/\<><>/\<><>/\/\/\

You are Special

A well known speaker started off his seminar by holding up a $20 bill. In the room of 200, he asked, who would like this $20 bill? Hands started going up. He said, I am going to give this $20 to one of you but first, let me do this. He proceeded to crumple the dollar bill up. He then asked, who still wants it? Still hands were up in the air.

Well, he replied, what if I do this? He dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. Now who still wants it? Still the hands went into the air.

My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It is still worth $20. Many times in our lives, we are dropped, crumpled, and ground into the dirt by decisions we make and circumstances that come our way. We feel as though we are worthless.

No matter what has happened, you will NEVER lose your value:

Dirty or clean, crumpled or finely creased,
you are still priceless to those who love you.

/\/\/\<><>/\<><>/\/\/\<><>/\<><>/\/\/\<><>/\<><>/\/\/\/\<><>/\<>/\/\/\<><>/\<><>/\/\/\<><>/\<><>/\/\/\/\/\/\<><>/\<><>/\