

My Mother's Day Promise to you...

This Mothers day I want to share with you my hopes and dreams for my future:

I want you to know that I do not plan to use alcohol until I am of legal age and I do not plan to use drugs. I know that using alcohol, tobacco or other drugs can lead to dangerous behavior, poor health, and can stop me from reaching my goals. I want you to be proud of the decisions I make.

This Mothers Day I promise to:

Be the best me I can be each day, ask for help when I need it, and stay away from alcohol and other drugs.

Thank you Mom for all that you do to help me grow healthy and strong.

I love you.

