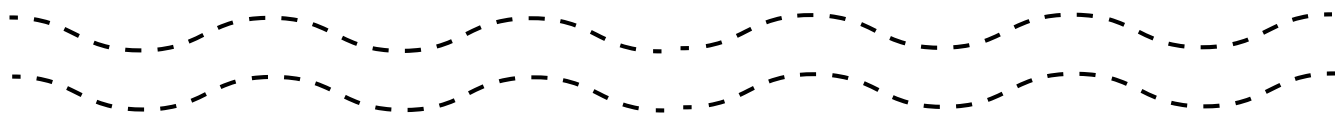
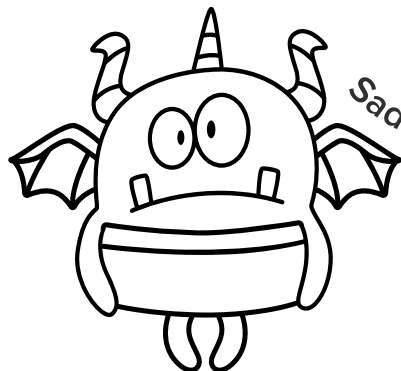
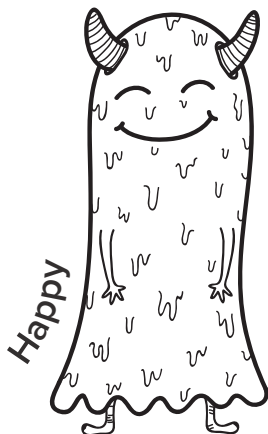
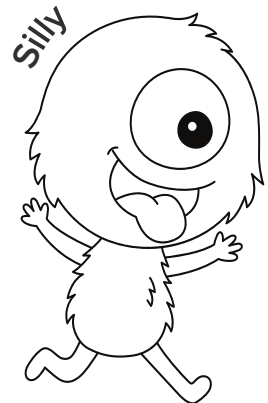
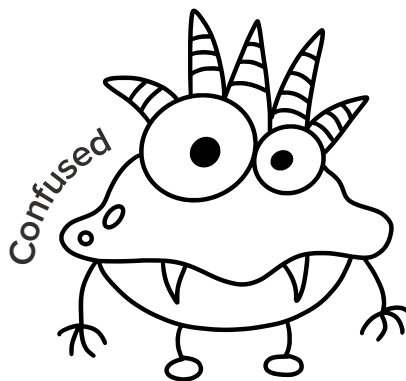
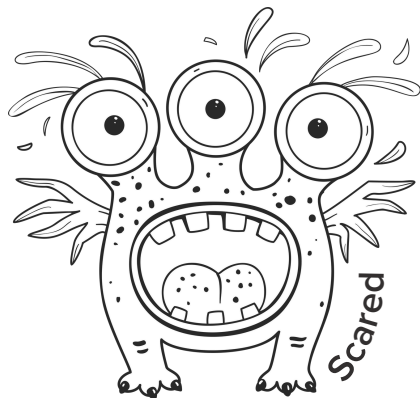


# Mental Health

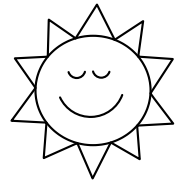


Did you know... that even before you're born, your heart and mind are getting ready to feel and learn? Color the monsters with whatever color you think matches their emotion.



Move your finger along the lines while you breathe in and out. If you're feeling big feelings, slow breaths can help you feel calm.

What are five things you love about yourself? Say them out loud or write them down as you color this page!



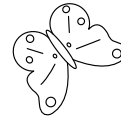
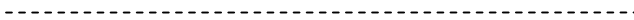
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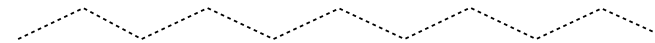
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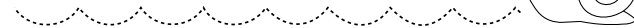
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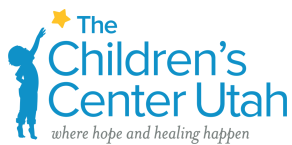
4



5



I BELIEVE IN MYSELF



### Your Child's Mental Health Matters—We're Here for You

From the very start, mental health shapes a child's future. At The Children's Center Utah, we've been helping young children and families thrive since 1962.

We provide life-changing mental health care for infants, toddlers, and preschoolers —both in-person and online—so every family gets the support they need, regardless of their financial situation.

We also train and support early childhood professionals across Utah, working together to give children the skills they need to grow and succeed. You are not alone. We're here to help.



Scan to learn about our programs



May is Mental Health Awareness Month