Kindness Matters Pledge

I pledge to:

BE KIND - Treat everyone with compassion.
SEEK HELP - Reach out if I am feeling sad, lonely, or depressed.
SUPPORT OTHERS - Listen, believe, and support those in need.

Cheryl, Hunter, Mac & McKinley

McKENNA'S FAMILY

SIGNATURE _____ DATE _____

For 24/7, free and confidential support call or text 988 (Suicide & Crisis Lifeline) or visit 988lifeline.org
Visit our website at www.themckennaway.com to learn more.