

HOLIDAY BILL OF RIGHTS

YOU HAVE THE RIGHT TO . . .

- TAKE CARE OF YOURSELF.
- FEEL MIXED UP EMOTIONS AROUND THE HOLIDAYS.
- SPEND TIME ALONE THINKING, REFLECTING AND RELAXING.
- ASK FOR HELP AND SUPPORT FROM FAMILY, FRIENDS AND COMMUNITY SERVICE AGENCIES
- SAY "NO" TO PARTY INVITATIONS.
- SAY "NO" TO ALCOHOL, DRUGS...AND SECONDS ON DESSERT.
- NOT TO RIDE WITH A DRUNK DRIVER, TO TAKE THEIR KEYS AWAY AND TO CALL A TAXI FOR THEM.
- GIVE GIFTS THAT ARE WITHIN YOUR HOLIDAY BUDGET.
- ENJOY YOUR HOLIDAY THE WAY YOU WANT.

