Hello everyone,

I want us to take a moment to acknowledge the strength and courage it takes to be here today. We all face challenges in life, and it's important to remember that we're not alone in our struggles. Each and every one of you is valued and important.

If you are feeling overwhelmed, anxious, or just need someone to talk to, please know there is support available. It's okay to reach out for help. By doing so, you are taking a brave step towards healing and growth.

Let's all try to be kinder to ourselves and to each other. Remember, it's perfectly okay to ask for help and it's okay to admit that we're not okay sometimes. We're in this together, and together we can create a compassionate and supportive community.

Thank you for being here and for being you. Let's continue to support one another with kindness and empathy.

Take care.