

# RITE NOW @ ROP



---

In recognition of self-love month, the J. Walter Wood Jr. Center hosted a balloon release to provide students the opportunity to symbolically release feelings of hurt, pain, and bitterness associated with trauma they have experienced.

Staff ensured that youth socially distanced and wore face coverings during the release, while also encouraging the young women and praising them for their strength in overcoming obstacles. Therapist Williams involved the youth in the encouragement, leading them in an affirmative chant of "I am beautiful, I am smart, I am important, and most of all, I am enough!"

---