

I PLEDGE...

1) WRITE YOUR PLEDGE ABOVE TO HELP #STOPTHESTIGMA. 2) TAKE A SELFIE HOLDING YOUR PLEDGE SHEET. 3) POST SELFIE TO SOCIAL MEDIA. 4) TAG THE CHILDREN'S CENTER. AND 5) INCLUDE BOTH HASHTAGS: #STOPTHESTIGMA & #MHTCC.



WATCH ANIMATIONS AT THECHILDRENSCENTER.COM/STOPTHESTIGMA

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