**Playbook to Inject the Healthy Undercurrents of Unconditional Love and Nurturance**

*Unhealed Wound Seed*

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| **Helping Others Campaign**  C:\Users\Jenny Black PLL\AppData\Local\Microsoft\Windows\INetCache\IE\EF81ASOQ\helping_hand4[1].jpg |
| “When you help others you help yourself”. One of the best ways to heal is to take one’s mind off one’s own problems by helping others less fortunate. |
| **Who:**   * John and his mom   **What:**   * John will spend 8 hours a week helping those less fortunate than himself.     **When:**   * Tuesdays after school and Sunday afternoons   **Where:**   * Volunteer at the local homeless shelter, children’s hospital, animal shelter, or senior citizen’s home.   **How:**   * Mom will contact the director of each of these agencies and pre-screen their willingness to help. * If there is an opening, John and PLL Coach will practice by role-playing what to say at the interview. * John will go on the interview and start working * After two weeks John and his mom will meet with the PLL Coach to talk about the experience and how helping others is changing how John feels about himself. |