**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.
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