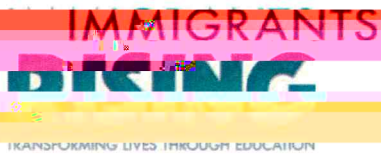


Be informed, connected and aware



<https://immigrantsrising.org/>



<https://unitedwedream.org/>



<https://www.unidosus.org/>



<https://www.chiria.org>



<https://www.maldef.org/>



<https://www.nilc.org/>

ACHIEVING DREAMS

STEP 4: IGNORE AND AVOID THOSE WHO EMOTIONALLY DRAIN YOU

4. Ignore and avoid those who emotionally drain you, those who question and/or invalidate your experience. It is perfectly okay to put your needs

- Listen to your gut
- Surround yourself with people who love and support you
- Surround yourself with people who affirm your worth
- Surround yourself with people who understand why the end of DACA is so important

4. Ignore and avoid those who emotionally drain you, those who question and/or invalidate your experience. It is perfectly okay to put your needs

listening to music, doing art, watching films

5. Surround yourself with people who love and support you. Surround yourself with people who affirm your worth. Surround yourself with people who understand why the end of DACA is so important. Surround yourself with people who can help you. Surround yourself with people who can help you. Surround yourself with people who can help you.

7. If you have thoughts about day, wanting to hurt, or a desire to hurt, harm, or kill yourself

8. If you trust right away or call someone you don't know, or if you have thoughts about day, wanting to hurt, or a desire to hurt, harm, or kill yourself

9. If you have thoughts about day, wanting to hurt, or a desire to hurt, harm, or kill yourself

10. If you have thoughts about day, wanting to hurt, or a desire to hurt, harm, or kill yourself

11. If you have thoughts about day, wanting to hurt, or a desire to hurt, harm, or kill yourself

12. If you have thoughts about day, wanting to hurt, or a desire to hurt, harm, or kill yourself

13. If you have thoughts about day, wanting to hurt, or a desire to hurt, harm, or kill yourself

