

# SCARS

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story of  
where you  
have been

They don't  
dictate  
where you  
are going

SELF/**INJURY** SUPPORT

*share the hurt,  
build resilience*



GET/**HELP 510.574.2100**

[www.fremont.gov/selfinjury](http://www.fremont.gov/selfinjury)



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Does your child  
have unexplained

Burns  
Bruises

Cuts

Changes in mood  
and behavior

Take Action

Call Youth and  
Family Services

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