**SNOWFLAKE MODEL**

**CREATED BY GALLERY OF HOPE WWW.GALLERYOFHOPE.ME**

**SNOWFLAKE MODEL INSTRUCTIONS**

**MEDICAL DISCLAIMER:**

**GALLERY OF HOPE IS NOT A MENTAL HEALTH PROVIDER. I’M JUST A PERSON TRYING TO HELP OTHERS**

**BY CREATING FREE RESOURCES AND FORMS FOR MENTAL WELL-BEING BASED OFF MY LIFE EXPERIENCES.**

**THIS SNOWFLAKE MODEL IS NOT A SUBSTITUTE**

**FOR GETTING NEEDED MENTAL HEALTH CARE.**

 **1. SNOWFLAKE MODEL *FOR ONE EVENT OF HURT* - INSTRUCTIONS STEP 1**

 **WRITE DOWN EVENT OF HURT AND SYMPTOMS IT’S CAUSING (SKIP TO STEP 3)**

 **2. SNOWFLAKE MODEL *FOR MULTIPLE EVENTS* - INSTRUCTIONS STEP 1**

 **WRITE DOWN THE MULTIPLE EVENTS OF HURT**

 **3. SNOWFLAKE MODEL *FOR MULTIPLE EVENTS* - INSTRUCTIONS STEP 2**

 **SELECT WHICH EVENT OF HURT TO HEAL FROM AND WRITE DOWN ITS SYMPTOMS**

 **4. SNOWFLAKE MODEL - INSTRUCTIONS STEP 3**

 **SELECT THE SYMPTOM TO HELP HEAL**

 **5. SNOWFLAKE MODEL - INSTRUCTIONS STEP 4**

 **WRITE DOWN POSITIVE CHOICES/DISTRACTIONS TO TRY FOR HEALING**

 **6. SNOWFLAKE MODEL - INSTRUCTIONS STEP 5**

 **CHOOSE FORMS FROM HEART OF HOPE PLAN OR USE THEM TO CREATE YOUR OWN**

 **7. SNOWFLAKE MODEL - INSTRUCTIONS STEP 6**

 **USE THE MODEL FOR HELP TOPICS: GOAL SETTING, HEALTHY EATING, GRATITUDE, ETC**

 **8. SNOWFLAKE MODEL - INSTRUCTIONS STEP 7**

 **WRITE DOWN THINGS/ACTIVITIES THAT ARE HELPING TO IMPROVE THIS SYMPTOM**

 **9. SNOWFLAKE MODEL - INSTRUCTIONS STEP 8**

 **DO NOT BEGIN UNTIL PREVIOUS SYMPTOM FEELS UNDER CONTROL**

 **GO BACK TO STEP 3, SELECT ANOTHER SYMPTOM TO HEAL, AND REPEAT STEPS 3-8**

**10. SNOWFLAKE MODEL *FOR MULTIPLE EVENTS* – INSTRUCTIONS STEP 9**

 **AFTER THE EVENT OF HURT HAS HEALED AS MUCH AS IT CAN, AND YOU FEEL READY,**

 **GO BACK TO STEP 1, CHOOSE THE NEXT HURTFUL EVENT TO HEAL, AND REPEAT STEPS.**

 **YOU MAY FIND THAT HEALING SYMPTOMS FROM A PREVIOUS HURT HAS ALREADY**

 **HEALED SYMPTOMS FROM OTHER EVENTS OF HURT AS WELL.**

**11. SNOWFLAKE MODEL - INSTRUCTIONS STEP 10**

 **ADDITIONAL PAGE FORMATS TO CHOOSE FROM OR CREATE YOUR OWN PAGES THAT**

 **DO NOT AFFECT COPYRIGHT = PERSONAL USE ONLY**

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**SNOWFLAKE MODEL/ONE EVENT OF HURT/INSTRUCTIONS STEP 1 EXAMPLE**

**ONE EVENT OF HURT IS ALL IT TAKES FOR MANY SYMPTOMS TO ARISE**

**WHAT IS YOUR EVENT? WHAT SYMPTOMS IS IT CREATING?**

**WRITE THIS HURT IN THE MIDDLE OVAL SHAPE, THEN WRITE DOWN THE SYMPTOMS AND ISSUES IT IS CAUSING. SKIP STEP TWO AND GO FORWARD TO STEP THREE**

**IT’S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES**

**FEELING OF HAVING NO CONTROL OVER THE EVENT**

**FATIGUE/**

**FIBROMYALGIA**

**GUILT**

**SUICIDAL**

**THOUGHTS**

**FEARS**

 **PROBLEMS**

**SLEEPING**

**ANGER**

**NIGHTMARES/**

**REPLAYING EVENT**

 **TROUBLE**

**TRUSTING OTHERS**

**DEPRESSION**

**EXTREME**

**STRESS**

 **LASTING HURT**

 **FACIAL TICKS/OTHER**

**PHYSICAL SYMPTOMS**

**ABUSE**

 **DENIAL**

 **ANXIETY/**

**PTSD**

 **ADDICTION(S)**

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**SNOWFLAKE MODEL/MULTIPLE EVENTS/INSTRUCTIONS STEP 1 EXAMPLE**

**THINK ABOUT STRESSFUL EVENTS OF HURT THAT YOU HAVE NOT HEALED FROM YET**

**WRITE THESE HEARTACHES IN DOWN BELOW, SOME MAY TAKE A WHILE TO SURFACE IT’S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE PROVIDED LINES**

 **CHRONIC ILLNESS**

**MY HURTS**

**MEAN COMMENTS/**

**BULLYING**

**FEEL LONELY/UNLOVED/**

**NOT ACCEPTED**

**CHILDHOOD**

**ABUSE**

 **BREAKUP(S)**

**ABSENT**

**PARENT**

 **MILITARY SERVICE TRAUMA**

**JOB**

**LOSS**

**LOSS**

**OF LIMB(S)**

**DIVORCED**

**PARENTS**

**ABUSIVE**

**LOVED ONE**

**HAVE TO ATTEND COURT/TRIAL**

 **CHRONIC**

**PAIN**

**LOSS OF**

**LOVED ONE/PET**

**PEOPLE STARING**

**AT BAD ACNE/SCARS**

**FIRST RESPONDER TRAUMA (THINGS YOU’VE SEEN)**

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**SNOWFLAKE MODEL/MULTIPLE EVENTS/INSTRUCTIONS STEP 2 EXAMPLE**

**NOW PICK THE HURT YOU WANT TO HEAL FROM FIRST**

**AND WRITE IT IN THE MIDDLE OVAL SHAPE BELOW**

**THEN WRITE DOWN THE SYMPTOMS/ISSUES IT IS CAUSING**

**IT’S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES**

**FEELING OF HAVING NO CONTROL OVER THE EVENT**

 **PROBLEMS**

**SLEEPING**

 **FACIAL TICKS/OTHER**

**PHYSICAL SYMPTOMS**

**NIGHTMARES/**

**REPLAYING EVENT**

**FEARS**

 **TROUBLE**

**TRUSTING OTHERS**

 **DENIAL**

**ABUSE**

**GUILT**

**ANGER**

**SUICIDAL**

**THOUGHTS**

**EXTREME**

**STRESS**

 **LASTING HURT**

**DEPRESSION**

**FATIGUE/**

**FIBROMYALGIA**

 **ANXIETY/**

**PTSD**

 **ADDICTION(S)**

**ANSWER THE QUESTION: WHY AM I HOLDING ON TO THIS HURTFUL EVENT?**

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP 3 EXAMPLE**

**SELECT THE SYMPTOM YOU WANT TO HEAL FROM FIRST**

**AND WRITE IT IN THE MIDDLE OVAL SHAPE BELOW**

**THEN WRITE DOWN THE SYMPTOMS/ISSUES IT IS CAUSING –**

**WE WILL CALL THESE SYMPTOM BRANCHES**

**IT’S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES**

**NOW YOU KNOW WHAT SYMPTOMS NEED TO BE WORKED ON (ONE AT A TIME)**

**PICK ONE TO BEGIN, USE RESOURCES LIKE THE HEART OF HOPE PLAN TO HELP HEAL IT.**

 **BODY PAIN**

**FEEL WORTHLESS**

**& DEHUMANIZED**

**FEELS LIKE**

**NO ONE TRULY UNDERSTANDS**

**LOSS OF**

**HOPE**

**NEED TO PUSH AWAY**

**SUICIDAL THOUGHTS**

**WHEN THEY APPEAR**

**FEEL**

**DEFEATED**

**JUST WANT**

**TO SLEEP**

**FEEL SO LONELY & SMALL**

**DEPRESSION**

**FEEL SO**

**DOWN/SAD**

 **WANT TO CRY**

 **JUST WANT**

**TO STAY IN BED**

**NO ENERGY**

 **FEEL LIKE A**

**BURDEN TO OTHERS**

 **TIGHT MUSCLES**

**FROM STAYING IN BED**

 **HARD TO PREPARE FOOD**

**AND TAKE CARE OF MYSELF**

**DON’T WANT MY LIFE**

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP 4 EXAMPLE**

**WRITE THE SELECTED SYMPTOM YOU WILL BE WORKING ON IN THE OVAL BELOW**

**THEN DO YOUR RESEARCH HOMEWORK - LEARN ABOUT THIS SYMPTOM AND THINGS THAT MIGHT HELP IT. USE THE INTERNET, SOCIAL MEDIA SITES, BOOKS, PODCASTS, RELAXATION TECHNIQUES, ART, TRY NEW THINGS, LEARN NEW INTERESTS, ETC.**

**EXPERIMENT TO SEE WHAT TYPES OF THINGS HELP MINIMIZE THIS SYMPTOM.**

**AS YOU FIND IDEAS TO TRY, WRITE THEM IN DOWN BELOW**

**IF YOU ALREADY HAVE IDEAS ON HOW TO OVERCOME IT – WRITE THEM DOWN TOO**

**TRY YOUR HARDEST TO MAKE THESE IDEAS “POSITIVE CHOICES”**

**AND NOT ONES THAT CAN LEAD TO OTHER SYMPTOMS OR ADDICTIONS.**

 **DO DISTRACTIONS**

**DO SOMETHING THAT WILL RELAX ME**

**EAT HEALTHY**

**LIMIT OR STAY AWAY FROM PROCESSED & SUGARY FOODS**

 **FINDS WAYS TO ENJOY NATURE BECAUSE IT GIVES ME HAPPINESS**

**EACH DAY**

**DO THE BEST**

**I CAN**

 **LISTEN TO MUSIC FOR FAKE ENERGY**

**DO THINGS**

**I ENJOY**

**POSITIVE CHOICES**

**DEPRESSION**

**LET MY**

**EMOTIONS OUT**

 **ACCEPT IT HAPPENED**

 **TRY SOMETHING NEW**

 **DO STRETCHES**

**OR EXERCISE**

 **TAKE A WALK**

**SPEND TIME WITH OTHERS**

 **SET DAILY GOALS**

 **GET ON A REGULAR ROUTINE FOR SLEEPING, EATING, ACTIVITIES, ETC**

**CHANGE MY THOUGHTS**

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**SNOWFLAKE MODEL - INSTRUCTIONS STEP 5 EXAMPLE**

**LOOK THROUGH THE HEART OF HOPE DISTRACTION PLAN AND CHOOSE FORMS THAT MAY AIDE IN HEALING, OR USE THEM TO CREATE YOUR OWN SNOWFLAKE FORMS.**

**WHAT SMALL ITEMS DO YOU ENJOY THAT MAY MAKE YOU FEEL BETTER OR CHEER YOU UP ON A BAD/CHALLENGING DAY? WRITE THEM IN DOWN BELOW, THEN EITHER PUT ALL OF THEM OR A SELECT FEW IN A PROTECTIVE CONTAINER/BAG AND PLACE IT INSIDE A CARRYING BAG, PURSE, OR BACKPACK TO TAKE WITH YOU. USE AS MANY ITEMS AS POSSIBLE THAT AFFECT YOUR SENSES (TOUCH, SOUND, TASTE, AND SIGHT).**

**SMALL MEANINGFUL ITEM**

**FAVORITE PERFUME**

**OR COLOGNE**

**GOOD SMELLING**

**HAND CREAM**

**TASER**

 **SMALL SCENTED**

**CANDLE TO SNIFF**

**A SMALL ROCK WITH**

**SMOOTH OR ROUGH EDGES**

**GUM OR**

**MINTS**

**COPY OF A SPECIAL PICTURE**

**FAVORITE NECKLACE**

**OR JEWELRY**

**SENSES**

**WELL-BEING**

**CARE KIT TO GO**

**FIDGET**

**TOY**

 **FLAVORED**

**CHAPSTICK**

 **BRACELET**

**WITH TEXTURE**

 **SACHET BAG OF FRESH**

**LAVENDER OR SPICE**

**SLICED LEMON/ORANGE TO ADD TO A DRINK OF WATER**

**PEPPER**

**SPRAY**

**FAVORITE SONGS OR SOUNDS IN EASY ACCESS ON PHONE**

**NOISE CANCELLING**

**EAR/HEADPHONES**

**TAKE FOOD FOR LUNCH THAT SMELLS GOOD**

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP 6 EXAMPLE**

**FILL IN THIS BLANK CHART WITH A POSITIVE HELP TOPIC**

**TOPIC: THINGS I’M GRATEFUL FOR \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **NOTES: WRITE DOWN THE TOPIC IN MIDDLE OVAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **WRITE DOWN PEOPLE AND THINGS I’M HAPPY TO HAVE IN MY LIFE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**LEARNED HOW TO USE**

**DISTRACTIONS TO KEEP DEPRESSION AWAY**

**LIST OF**

**GRATEFULNESS**

 **ESSENTIAL WORKERS/**

**DELIVERY DRIVERS**

**PARENT THAT**

**LOVES ME**

**HAVE GOD**

**TO RELY ON**

 **QUIET TIMES**

**GOOD MUSIC**

**LOVE OF NATURE**

**FOOD**

**A**

**HOME**

**GOAL:**

**GETTING HOME**

**FROM HOSPITAL**

**MY SISTERS**

**& BROTHERS**

**I’M BRAVE**

 **KIDS AND**

**GRANDKIDS**

 **GRANDDOGGIE**

**MY RESCUE PET**

**FOUND MY PASSION**

**FRIENDLY**

**NEIGHBORS**

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**SNOWFLAKE MODEL – INSTRUCTIONS STEP 6 EXAMPLE**

**FILL IN THIS BLANK CHART WITH A POSITIVE TOPIC**

 **TOPIC: TAKING CARE OF MYSELF\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **NOTES: WRITE DOWN THE TOPIC IN MIDDLE OVAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **THEN WRITE DOWN IDEAS TO TRY AND ACCOMPLISH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SHOWER AT LEAST**

**THREE TIMES A WEEK**

**TAKING CARE**

**OF MYSELF**

 **CHANGE NEGATIVE THOUGHTS INTO POSITIVE ONES**

**TAKE DAILY VITAMINS, ESPECIALLY VITAMIN D**

**DO WORD SEARCH**

**PUZZLES/COLORING BOOKS**

**JOIN A**

**SUPPORT GROUP**

 **TAKE PRESCRIBED**

**MEDICINE**

**GO FOR**

**A WALK**

**DO DEEP**

**BREATHING**

 **KEEP**

**HYDRATED**

**GOAL:**

**GETTING HOME**

**FROM HOSPITAL**

 **EAT LESS**

**PROCESSED FOOD**

**TRY TO GET**

**ENOUGH SLEEP**

 **FIND SOMEONE**

**TO TALK WITH**

**WHEN NEEDED**

 **TAKE AT LEAST**

**15 MIN DAILY**

**FOR MYSELF**

**SMELL UNBURNED CANDLES**

**DO DAILY STRETCHES**

**LEARN TECHNIQUES ON HOW TO**

**RELAX MY MUSCLES AND BODY**

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**SNOWFLAKE MODEL (YES I’M HEALING) - INSTRUCTIONS STEP 7 EXAMPLE**

**IN THE OVAL WRITE DOWN THE SYMPTOM YOU HAVE BEEN WORKING ON HEALING**

**AS YOU FIND THINGS THAT HELP HEAL/IMPROVE THIS SYMPTOM, WRITE THEM DOWN**

**SOMEHOW FOUND**

**AN INNER STRENGTH**

**EVERY DAY**

**JUST DO MY BEST**

**KNOW THAT I MATTER & IT’S**

**UP TO ME TO TAKE MY LIFE BACK**

 **REALIZED IT WASN’T MY FAULT**

**WHEN NEEDED**

**I LISTEN TO MY BODY**

**AND TAKE A REST/SLEEP-IN DAY**

**WATCH SELF DEFENSE**

**VIDEOS/TOOK CLASS**

 **CONCENTRATE ON PETTING MY CAT/DOG**

**ACCEPTED THE**

**EVENT HAPPENED**

**STARTED**

**A GARDEN**

**TAKE LIFE**

**ONE DAY AT A TIME**

**OVERCOMING**

**DEPRESSION**

**HAVE HOPE**

**HELP OTHERS**

 **LISTEN TO**

**MY CAT PURR**

**WATCH**

**SHOWS/MOVIES**

 **FOAM ROLLERS, STRETCHES,**

**& MASSAGE BALLS HELP**

**RELIEVE BODY PAIN**

 **USE MUSIC TO**

**HELP GET OUT**

**OF BED**

 **WARM WATER OF DOING DISHES**

**IS CALMING AND RELAXING**

**TELL MYSELF POSITIVE**

**WORDS OF AFFIRMATION**

**I FOCUS ON NATURE AS MUCH AS POSSIBLE**

**IT KEEPS ME AT EASE, CALM, PEACEFUL**

**HOLD ON TO KNOWING THAT WITH TIME THE MEMORIES WILL DECREASE**

**A STRONG SYMPTOM MAY STILL HIDE IN THE BACKGROUND, WAITING FOR ITS TIME TO SURFACE, AND WHEN IT DOES, YOU ARE NOW EQUIPPED WITH THE AWARENESS AND ABILITY TO QUICKLY USE THIS LIST TO FIGHT IT OFF – BE PROUD OF YOURSELF!**

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**SNOWFLAKE MODEL - INSTRUCTIONS STEP EIGHT**

**DO NOT BEGIN THIS STEP UNTIL YOUR PREVIOUS SYMPTOM FEELS UNDER CONTROL.**

**GO BACK TO STEP 3, SELECT ANOTHER SYMPTOM BRANCH TO HEAL AND REPEAT STEPS**

**SNOWFLAKE MODEL – INSTRUCTIONS STEP THREE**

**NOW SELECT THE SYMPTOM YOU WANT TO HEAL FROM FIRST (NEXT)**

**AND WRITE IT IN THE MIDDLE OVAL SHAPE BELOW**

**THEN WRITE DOWN THE SYMPTOMS/ISSUES IT IS CAUSING –**

**WE WILL CALL THESE SYMPTOM BRANCHES**

**IT’S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE SYMPTOM LINES**

**NOW YOU KNOW WHAT SYMPTOMS NEED TO BE WORKED ON (ONE AT A TIME)**

**PICK ONE TO BEGIN, USE RESOURCES LIKE THE HEART OF HOPE PLAN TO HELP HEAL.**

**FEELING OF HAVING NO CONTROL OVER THE EVENT**

 **PROBLEMS**

**SLEEPING**

 **FACIAL TICKS/OTHER**

**PHYSICAL SYMPTOMS**

**FEARS**

**NIGHTMARES/**

**REPLAYING EVENT**

 **DENIAL**

 **TROUBLE**

**TRUSTING OTHERS**

****

**ABUSE**

**GUILT**

**ANGER**

**SUICIDAL**

**THOUGHTS**

**DEPRESSION**

**EXTREME**

**STRESS**

 **LASTING HURT**

**FATIGUE/**

**FIBROMYALGIA**

 **ANXIETY/**

**PTSD**

 **ADDICTION(S)**

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**SNOWFLAKE MODEL/MULTIPLE EVENTS/INSTRUCTIONS STEP NINE**

**DO NOT BEGIN THIS STEP UNTIL YOUR PREVIOUS HURT FEELS UNDER CONTROL.**

**GO BACK TO STEP 1, SELECT ANOTHER HURT TO HEAL AND REPEAT STEPS 2-9**

**SNOWFLAKE MODEL/MULTIPLE EVENTS/INSTRUCTIONS STEP 1 EXAMPLE**

**THINK ABOUT STRESSFUL EVENTS OF HURT THAT YOU HAVE NOT HEALED FROM YET**

**WRITE THESE HEARTACHES IN DOWN BELOW, SOME MAY TAKE A WHILE TO SURFACE IT’S OK TO DRAW MORE LINES IN IF NEEDED OR TO NOT USE ALL THE PROVIDED LINES**

 **CHRONIC ILLNESS**

**MY HURTS**

**MEAN COMMENTS/**

**BULLYING**

**FEEL LONELY/UNLOVED/**

**NOT ACCEPTED**

**CHILDHOOD**

**ABUSE**

 **BREAKUP(S)**

**ABSENT**

**PARENT**

 **MILITARY SERVICE TRAUMA**

**JOB**

**LOSS**

**LOSS**

**OF LIMB(S)**

**ABUSIVE**

**LOVED ONE**

**DIVORCED**

**PARENTS**

**CAR**

**ACCIDENT**

 **CHRONIC**

**PAIN**

**LOSS OF**

**LOVED ONE/PET**

**PEOPLE STARING**

**AT BAD ACNE/SCARS**

**FIRST RESPONDER TRAUMA (THINGS I’VE SEEN)**

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**SNOWFLAKE MODEL - OPTIONAL INSTRUCTIONS STEP TEN**

**CHOOSE FROM ADDITIONAL PAGE FORMATS OR CREATE YOUR OWN PAGES.**

**YOU CAN EVEN GET CREATIVE AND DESIGN YOUR OWN CHART (SEE BELOW).**

**IF YOU WOULD LIKE TO INSPIRE OTHERS BY HAVING YOUR UNIQUE DESIGN SHARED ON MY WEBSITE OR SOCIAL SITES LIKE YOUTUBE, EMAIL IT ALONG WITH YOUR FIRST NAME OR OTHER “RATED G” NAME YOU WANT SHARED AS THE ARTIST, (NO LAST NAMES WILL BE USED). IF YOU SEND IT IN, GALLERY OF HOPE IS NOT RESPONSIBLE FOR ANY SITUATION THAT MAY HAPPEN. EMAIL: GALLERY\_OF\_HOPE@YAHOO.COM**

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