

CATCH-A-FIRE



Dr. S. Smith-Sanchez

TRANSFORMATION

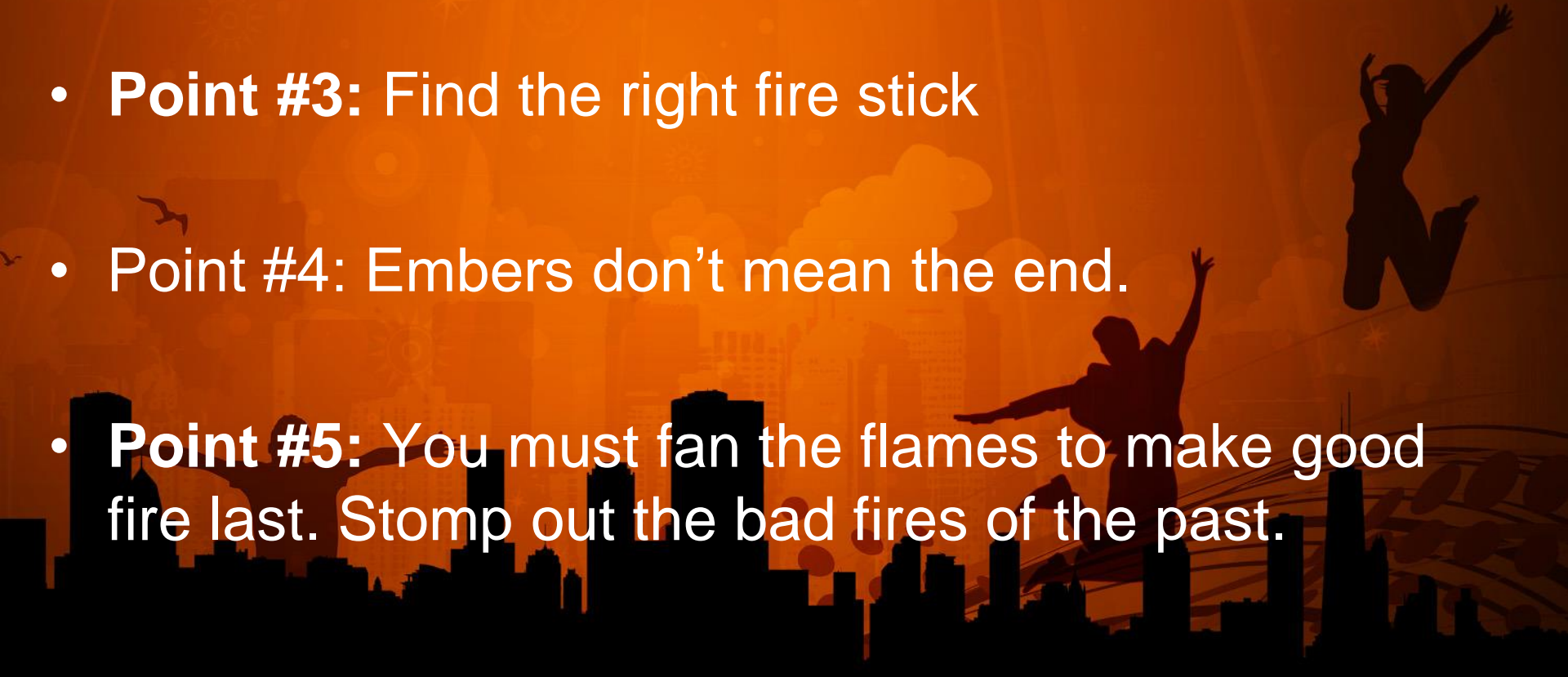


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POINTS TO PONDER

- **Point #1:** You gotta catch fire before you can burn!
- **Point #2:** Empty coal pot cyah ketch fire!
- **Point #3:** Find the right fire stick
- **Point #4:** Embers don't mean the end.
- **Point #5:** You must fan the flames to make good fire last. Stomp out the bad fires of the past.



Fan flames to make good fire last. Stomp out bad fires of the past.

- Learn To Relax:
- Attentive
- Stay
- Tenacious



STAY IN TOUCH



- **BOOK:** *Talawah Turf: Celebrating Victory over Child Sex Abuse*
- **INSTAGRAM:** *Talawah_T*
- **FACEBOOK:** *Talawah Turf*
- **WEBSITE:** *TalawahTurf.com*
- **LINKEDIN:** *Dr. Sherone Smith-Sanchez*