

# *Fresh Start*

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**Third Place**

When times get rough  
Remember you are tough

When you get caught up in your mind  
Remember to be kind

It is okay to feel pain  
Remember that in your brain

When you feel all alone  
Remember you have a phone

When you feel like you are going to fall  
Remember you can call

When you think there is no one who cares  
Remember there is always someone there

When you feel lost  
Remember the result is always worth the cost

Speak up, speak out  
Remember don't hesitate, don't doubt

Be kind to your heart  
Remember tomorrow is a fresh start

# START

