



Prevent Child Abuse
Washington™



Washington State Department of
CHILDREN, YOUTH & FAMILIES

If you would like copies of this document in an alternative format or language, please contact DCYF Constituent Relations (1-800-723-4831 | 360-902-8060, ConstRelations@dcyf.wa.gov).

DCYF PUBLICATION FS_0035D (03-2022)

The Sasquatch is performing a mindfulness exercise.

Add some color!

Download our Strengthening Families Washington Coloring book at www.dcyf.wa.gov/services/child-development-supports/sfwa. For more information contact strengtheningfamilies@dcyf.wa.gov.