

# Children and Youth in Care Day

## Forget Me Not

I've grown through some tough things,

No doubt,

Survived in spite of

Thrived and made light of heavy,

Lifted through concrete and kept steady going.

Paving my own way.

Laid roots. Bloomed.

Put feet to ground and planted in impossible odds.

But I wasn't alone.

I was first shown that odds were meant to be beat.

I was believed in, poured into, and encouraged on by those who didn't count me out.

Those that took me in.

Those that took their time.

People who gave me space to define what blossoming meant for me.

Who reminded that success isn't determined by history, but by a commitment to not forgetting.

It's no mystery, the flowers that grow are the ones you remember to water.

Forget. Me. Not.

#ForgetMeNot



Ontario Association of  
Children's Aid Societies



CHILDREN'S  
AID FOUNDATION  
OF CANADA

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