

MALARKEY! GADZOOKS!
CORN NUTS! DAGNABBIT!
SCHUCKS! SHUT THE FRONT DOOR!
H-E-DOUBLE-OY! FART
HOCKEY STICKS! KNOCKER!
BLIMEY! JEEPERS! FRACK!
WHAT THE PHOOEY! POO ON A STICK!
@ CUSS?! * BARNACLES!
FISHSTICKS! * CRAPPITY!
SCHNIKES! * FRIKEY!
SUFFERIN' *
SUCCOTASH! *
FUDGE @
NUGGETS!
JUMPIN' IN
JIMNETTY!
CHEESE & RICE





YOU DON'T
HAVE TO
CENSOR
YOUR GRIEF
WITH ME.

HERE FOR YOU
CARDS OF SUPPORT

HIGHMARK.

**CARING
PLACE** 

finding hope in grief

Illustrations by Luke Flowers



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