

Proud identity  
 I can handle this  
 mental health strategies

Calm

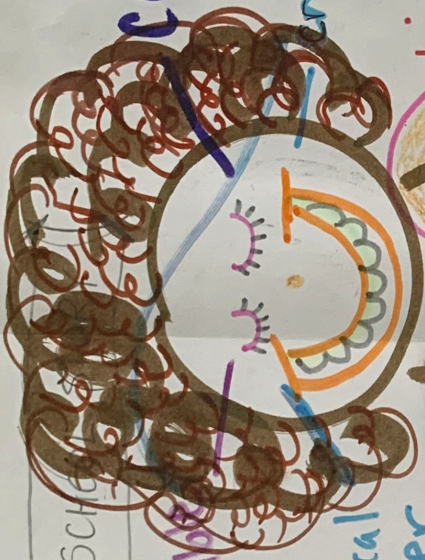
risk taker  
 creative, innovative

kindness, compassionate, empathy  
 for selves  
 - for others

Community minded  
 Upstander

Connect with neighbors and others

Strategies to support self + others



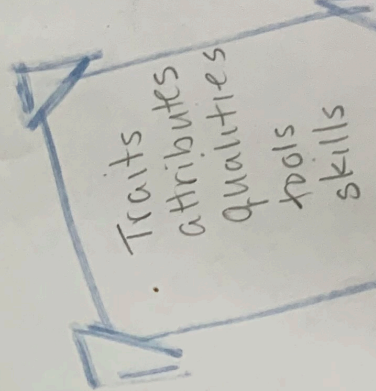
OUR SCHEDULE

Flexible

Critical thinker

FB is fake news!

empowered and engaged in issues



cares for our place  
 our planet

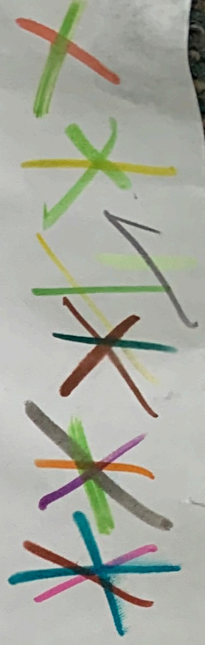
sense of purpose

application of knowledge

take action



balance



We care for... ourselves  
 others  
 this place

