

WELLNESS WEDNESDAY

Your midweek reminder to prioritize your wellbeing.

11th of September

**SUICIDE
PREVENTION**
AWARENESS MONTH

Click image to the left to check out a **Peer Support Pledge** - A powerful way to look out for one another.



Click above for tips on recognizing the signs of distress.



Click above for an article on the Power of Peer and value of Connection.

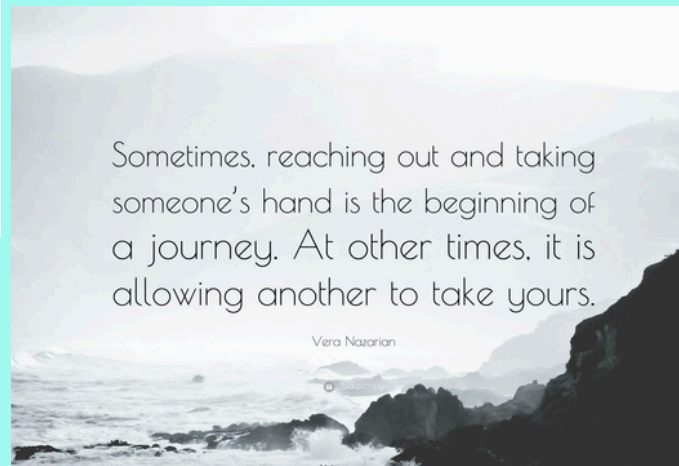


This Week's Affirmation:

I am worthy of love and connection.



Click above for a guided meditation on self-compassion.



Sometimes, reaching out and taking someone's hand is the beginning of a journey. At other times, it is allowing another to take yours.

Vera Nazarian

In the mood to color? Click the image below and enjoy.

