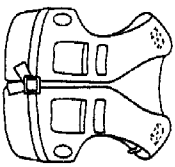
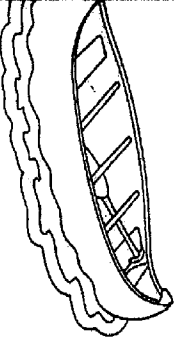


CANOE JOURNEY FOR RESILIENCE

Your trip through life in which you can deal with problems and you can bounce back from life's challenges.

The People in Your Canoe

- ❖ Healthy Relationships
- ❖
- ❖
- ❖



Support System

Challenges, Choices and Changes

- ❖ Peer pressure
- ❖ New adventures
- ❖
- ❖
- ❖
- ❖

Back Eddy of Bad Habits

- ❖ Smoking
- ❖
- ❖
- ❖
- ❖
- ❖

Resilient Route

Self-destructive Route



The long

Tools for Resilience

Attitude	Actions
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
	6)
	7)