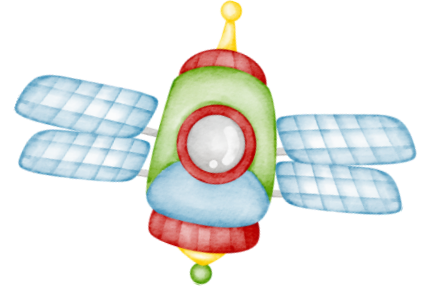




# Staying connected

Use this page to think about who is here for you now. You might have a good friend, a helpful teacher or coach, or a family member you can talk to. Stay connected with them, and know it's ask for help when you need it.



My family member:

My teacher:

My pet:

My friend:





# Staying connected



If you don't know how to answer, use this page to draw or write anything else that might help you to talk to others or let out your feelings.

