

SKILLS TO BUILD HEALTHY CONNECTIONS

LEARNING TO GIVE AND RECEIVE SUPPORT IS AN IMPORTANT PART OF LIFE

Find a helpful friend



mystrength.com/r/friends

Create close relationships



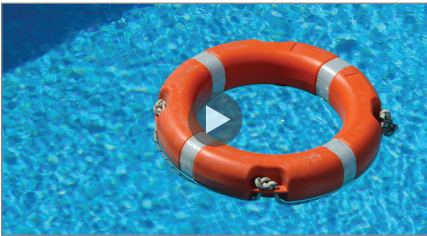
mystrength.com/r/close

Happiness from others



mystrength.com/r/friendship

Help through hardship



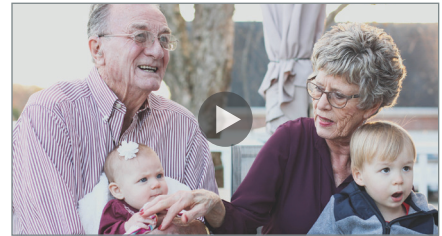
mystrength.com/r/support-award

Learn to listen



mystrength.com/r/listening

Good family fun



mystrength.com/r/family-fun

My plan:

Where will I access myStrength?

When will I use myStrength?
