



# 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:





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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.

