



Balancing your supports

Supporting your community is important for building everyone's wholistic health. Helping others can build your own emotional and mental wellness, while accepting help is just as important!

I help . . . !

Who do you help?	What do you help them with?
ex. teachers	ex. clean up after class

. . . helps me!

Who helps you?	What do they help you with?
ex. Elders	ex. learn new things



Help keeps you healthy!

It is important to help others. It is just as important to accept help.

Draw who you help



Draw who helps you

