Self Harm

Support	Celebrate	Budgeting	Fun	Resiliency
Peers	Education	Stress Management	Planning Ahead	Change
Strength	Volunteering	**FREE**	Communication	Physical Activity
Hope	Independence	Self-esteem	Motivation	Recovery
Spirituality	Groups	Personal REsponsibility	Goals	Community Involvement

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Self Harm

Coping Skills	Physical Activity	Peers	Motivation	Communication
Strength	Self Advocacy	Hope	Independence	Stress Management
Change	Volunteering	**FREE**	Celebrate	Resiliency
Personal REsponsibility	Pets	Education	Fun	Problem Solving
Planning Ahead	Social Interaction	Community Involvement	Counseling	Recovery

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Self Harm

Pets	Celebrate	Healthy Relationships	Budgeting	Motivation
Education	Support	Community Involvement	Working Together	Wellness
Emotions	Communication	**FREE**	Self Advocacy	Planning Ahead
Energy	Peers	Counseling	Change	Resiliency
Independence	Fun	Physical Activity	Groups	Recovery

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