

|              |               |                            |                   |                          |
|--------------|---------------|----------------------------|-------------------|--------------------------|
| <b>B</b>     | <b>I</b>      | <b>N</b>                   | <b>G</b>          | <b>O</b>                 |
| Support      | Celebrate     | Budgeting                  | Fun               | Resiliency               |
| Peers        | Education     | Stress<br>Management       | Planning<br>Ahead | Change                   |
| Strength     | Volunteering  | <b>FREE</b>                | Communication     | Physical<br>Activity     |
| Hope         | Independence  | Self-esteem                | Motivation        | Recovery                 |
| Spirituality | <b>Groups</b> | Personal<br>REsponsibility | <b>Goals</b>      | Community<br>Involvement |

|                         |                    |                       |              |                   |
|-------------------------|--------------------|-----------------------|--------------|-------------------|
| <b>B</b>                | <b>I</b>           | <b>N</b>              | <b>G</b>     | <b>O</b>          |
| Coping Skills           | Physical Activity  | Peers                 | Motivation   | Communication     |
| Strength                | Self Advocacy      | Hope                  | Independence | Stress Management |
| Change                  | Volunteering       | <b>FREE</b>           | Celebrate    | Resiliency        |
| Personal REsponsibility | Pets               | Education             | Fun          | Problem Solving   |
| Planning Ahead          | Social Interaction | Community Involvement | Counseling   | Recovery          |

|              |               |                       |                  |                |
|--------------|---------------|-----------------------|------------------|----------------|
| <b>B</b>     | <b>I</b>      | <b>N</b>              | <b>G</b>         | <b>O</b>       |
| Pets         | Celebrate     | Healthy Relationships | Budgeting        | Motivation     |
| Education    | Support       | Community Involvement | Working Together | Wellness       |
| Emotions     | Communication | <b>FREE</b>           | Self Advocacy    | Planning Ahead |
| Energy       | Peers         | Counseling            | Change           | Resiliency     |
| Independence | Fun           | Physical Activity     | Groups           | Recovery       |