| B | I | N | G | O |
|---|---|---|---|---|
| Talking to Counselors | Action Plans | Get Enough Sleep | Responsibility | Peer Support |
| Emotional | Take Medication | Recovery | Aftercare Plan | Support System |
| Wellness Plan | Attend Self Help Groups | **FREE** | Healthy Diet | Hope |
| Self-Awareness | Mental | Relapse Prevention Plan | Go To Doctor For Check-ups | Physical |
| Education | Self-Advocacy | Exercise | Yoga | Free Space |



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| B | I | N | G | O |
|---|---|---|---|---|
| Wellness Plan | Yoga | Aftercare Plan | Mental | Emotional |
| Responsibility | Hope | Get Enough Sleep | Physical | Attend Self Help Groups |
| Healthy Diet | Action Plans | **FREE** | Go To Doctor For Check-ups | Relapse Prevention Plan |
| Free Space | Talking to Counselors | Exercise | Self-Awareness | Education |
| Peer Support | Goals | Support System | Recovery | Take Medication |



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| B | I | N | G | O |
|---|---|---|---|---|
| Self-Awareness | Go To Doctor For Check-ups | Wellness Plan | Free Space | Responsibility |
| Self-Advocacy | Support System | Yoga | Mental | Attend Self Help Groups |
| Relapse Prevention Plan | Aftercare Plan | **FREE** | Healthy Diet | Get Enough Sleep |
| Goals | Peer Support | Education | Action Plans | Talking to Counselors |
| Take Medication | Recovery | Hope | Physical | Exercise |



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