B	I	N	G	O
Talking to Counselors	Attend Groups	Get Enough Sleep	Self-Advocacy	New Opportunities
Exercise	Take Medication	Physical	Coping Skills	Support System
Wellness Plan	Education/Learning	**FREE**	Healthy Diet	Hope
Speak Up	Mental	Responsibility	Go To Doctor For Check-ups	Peer Support
Emotional Support	Self-Awareness	Free Space	Yoga	Fun

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B	I	N	G	O
Wellness Plan	Yoga	Coping Skills	Mental	Exercise
Self-Advocacy	Hope	Get Enough Sleep	Peer Support	Education/Learning
Healthy Diet	Attend Groups	**FREE**	Go To Doctor For Check-ups	Responsibility
Fun	Talking to Counselors	Free Space	Speak Up	Emotional Support
New Opportunities	Goals	Support System	Physical	Take Medication

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B	I	N	G	O
Speak Up	Go To Doctor For Check-ups	Wellness Plan	Fun	Self-Advocacy
Self-Awareness	Support System	Yoga	Mental	Education/Learning
Responsibility	Coping Skills	**FREE**	Healthy Diet	Get Enough Sleep
Goals	New Opportunities	Emotional Support	Attend Groups	Talking to Counselors
Take Medication	Physical	Hope	Peer Support	Free Space

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