

B	I	N	G	O
Wellness Plan	Action Plans	Free Space	Self-Awareness	Physical
Emotional	Talking to Counselors/SSERPS	Recovery	Attend Self Help Groups	Self-Advocacy
Take Medication	Yoga	FREE	Coaching time	Goals
Healthy Diet	Support System	Peer Support	Go To Doctor For Check-ups	Program manager
Get Enough Sleep	Education	Responsibility	boundaries	Exercise

B	I	N	G	O
Yoga	Attend Self Help Groups	Self-Awareness	Emotional	Recovery
Free Space	boundaries	Physical	Education	Self-Advocacy
Healthy Diet	Coaching time	FREE	Goals	Action Plans
Go To Doctor For Check-ups	Responsibility	Wellness Plan	Exercise	Support System
Peer Support	Program manager	Take Medication	Talking to Counselors/SSERPS	Get Enough Sleep

B	I	N	G	O
Education	Responsibility	Attend Self Help Groups	Program manager	Coaching time
Wellness Plan	Healthy Diet	Peer Support	Talking to Counselors/SSERPS	Physical
Take Medication	Exercise	FREE	Support System	Go To Doctor For Check-ups
Yoga	Self-Advocacy	Self-Awareness	boundaries	Free Space
Goals	Action Plans	Recovery	Emotional	Get Enough Sleep