



self advocacy BINGO

Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



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