



REMEMBER: YOU ARE NOT ALONE

You can be resilient as you move through a challenging time in your life. Often the initial sense of overwhelm makes it hard to even figure out what to do next. When this happens, remember you are not alone.

You are not the first person to be going through something like this. Reach out. Tap into the resources around you.

Check out these resources. Find some that fit your style or try something new.