

*Alone we can do so little;  
together we can do so much.*

Helen Keller

*The power of community to create  
health is far greater than any  
physician, clinic, or hospital.*

Mark Hyman

*The way to achieve your own  
success is to be willing to help  
somebody else get it first.*

Iyanla Vanzant

*Coming together is a beginning,  
staying together is progress, and  
working together is success.*

Henry Ford

I nurture positive relationships  
that uplift and support  
my mental health.

I seek out opportunities to  
connect with others and create  
a supportive network in my  
community.

Gratitude

Kindness

Connection

Community

Belonging

Support

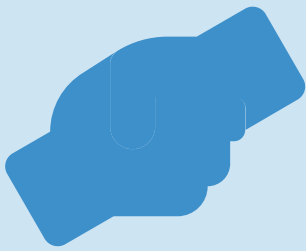
Empathy

Understanding

Inclusion

Unity

# Relationships



# Collaboration

