

**VOICE CHOICE**

**HEALTHY RELATIONSHIPS**





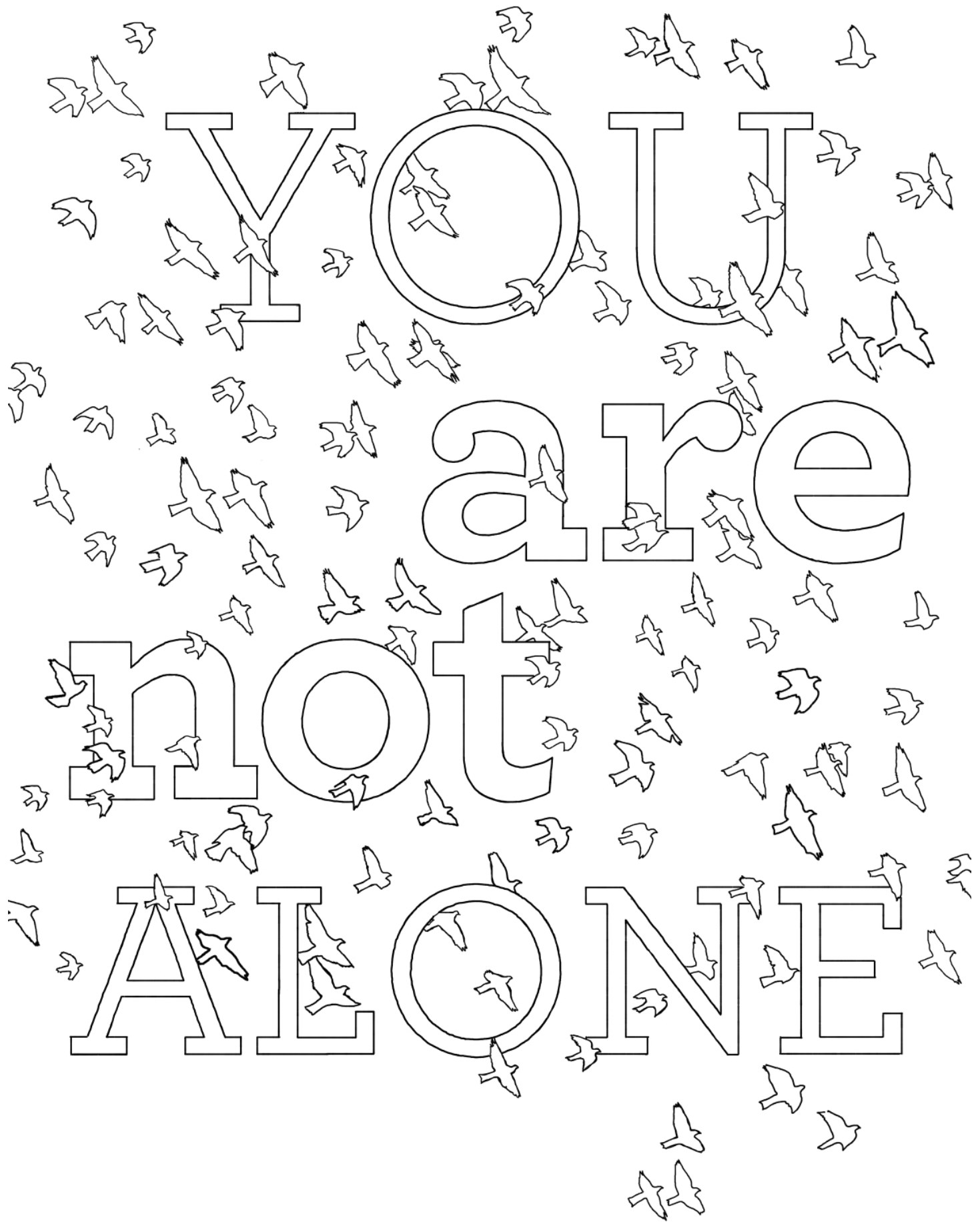
# I REMIND MYSELF

Five things you can tell  
yourself to take care

**MY VOICE • MY CHOICE**

**HEALTHY RELATIONSHIPS**





**THE VOICE • THE CHOICE**

**HEALTHY RELATIONSHIPS**

