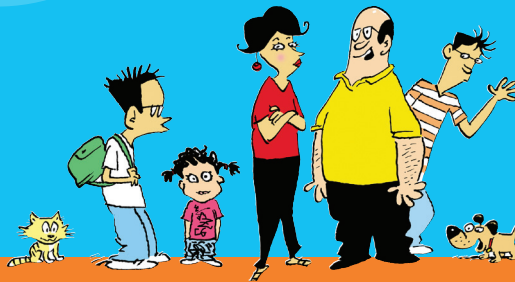


Mental Health Kit

*Be Kind to Yourself
and Others*



An activity kit to help teach students
in Grade 7 to 9 about mental wellness



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