

QUESTIONS. ANSWERS
REACTIVITY Motivation
ESSENCE * style thoughts
YES. Success
VOICE Success Motivation
Sanity. motivation
Questions
responsibility
life? voice
FIRE
ANSWERS
REALTY

MY

OWN
feelings
OWN * VOICE
EVERYTHING
RECOVERY!
ANSWERS
A FIRE
OWN *
life
VOICE
MOTIVATION
style
SUCCESS
OWN *
life
CHOICE
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life
OWN *
Survival
REALTY
*
responsibility
* OWN
MOVEMENT
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feelings
OWN * VOICE
ANSWERS
A FIRE

Welcome to

“My _____”.

A group of creative and talented youth, like you, have come together to create something of YOUR own, geared towards helping anyone throughout transition. It was made with love and attention. We realized, when creating this, that an organized and informed mind is important, yet not often supported.

We have included many different useful resources, tips, guidelines, and chin-lifters to help you on a day-to-day basis. You will come to notice that most things are left empty or blank as we want you to D.I.Y and enjoy the process, as well as get your life in check!

Use this journal to plan, draw, play and most importantly, REFLECT.

You are you, I am me. But this is for US.



I Am Poem

I am and
characteristic characteristic

I wonder
something of curiosity

I hear
an imaginary sound

I see
an imaginary sight

I want
an actual desire

I am and
put same characteristics as first line

I pretend
something you pretend to do

I feel
feeling about an imaginary thing

I touch
an imaginary touch

I worry
something you worry about

I cry
something that makes you sad

I am and
put same characteristics as first line

I understand
something that is true

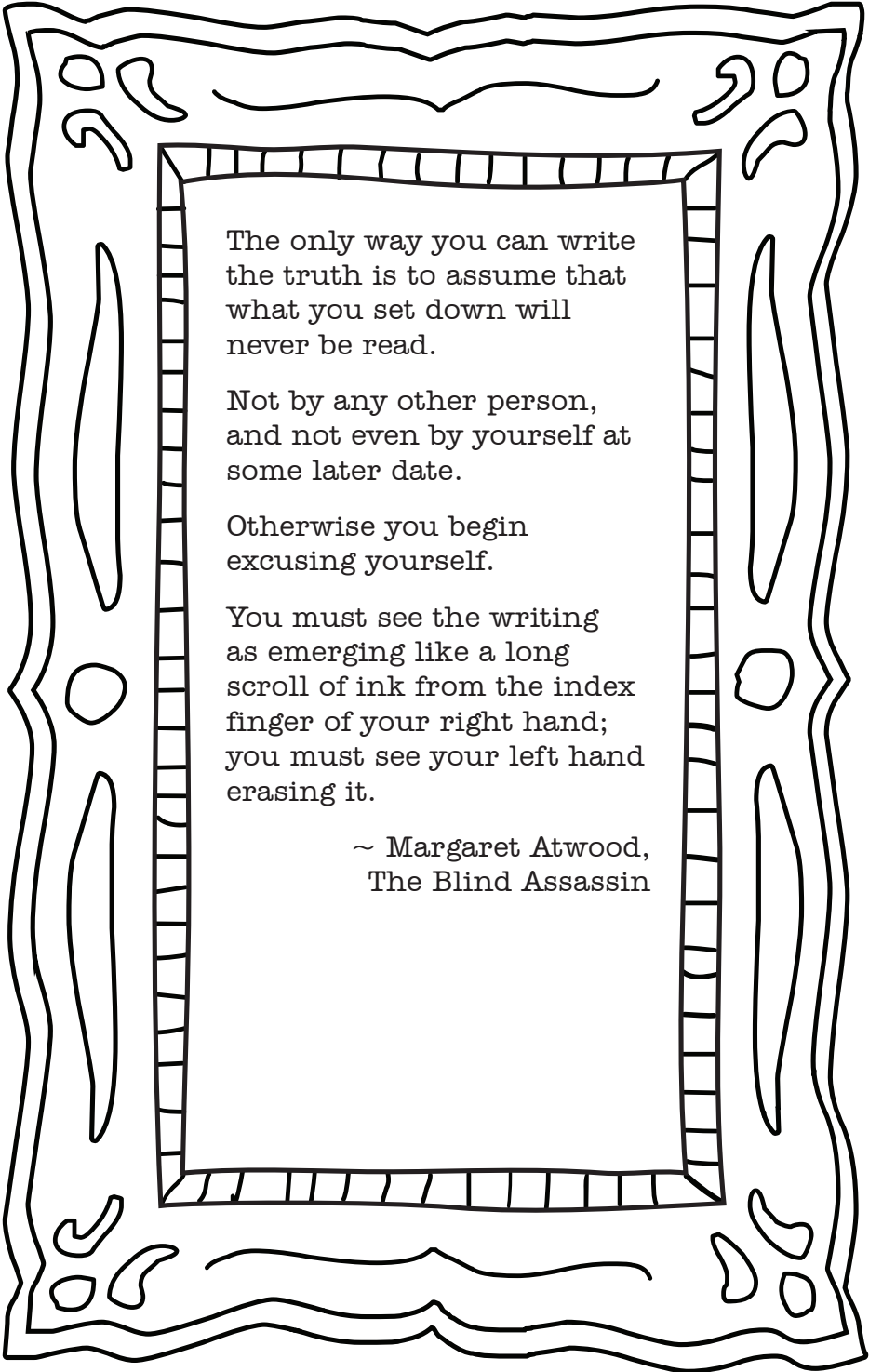
I say
something you believe

I dream
something you dream about

I try
something you make an effort for

I hope
something you hope for

I am and
put same characteristics as first line



The only way you can write
the truth is to assume that
what you set down will
never be read.

Not by any other person,
and not even by yourself at
some later date.

Otherwise you begin
excusing yourself.

You must see the writing
as emerging like a long
scroll of ink from the index
finger of your right hand;
you must see your left hand
erasing it.

~ Margaret Atwood,
The Blind Assassin

JANUARY

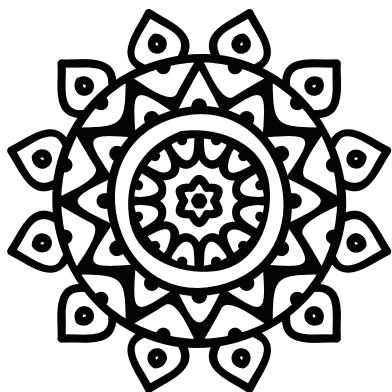
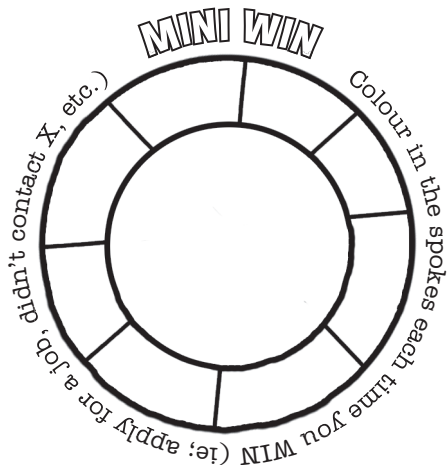
Be wise. Treat yourself, your mind, sympathetically, with loving kindness. If you are gentle with yourself, you will become gentle with others.

~ Lama Thubten Yeshe

TIP for the MONTH

5 Things to Quit RIGHT NOW

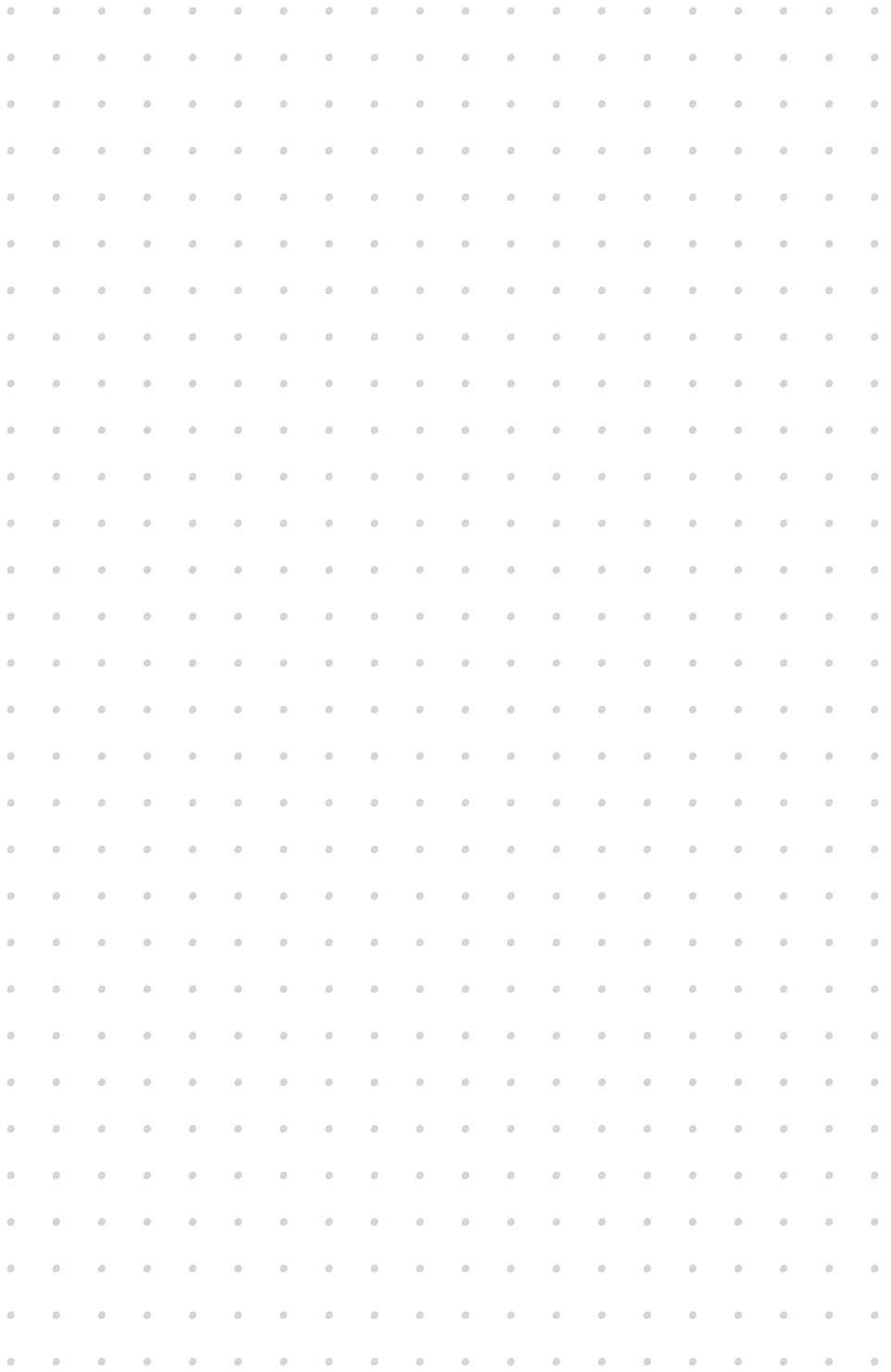
1. Trying to please everyone.
2. Fearing change.
3. Living in the past.
4. Putting yourself down.
5. Overthinking.



Dates to Remember

This month I'm tracking:





Top 10 Tips

for Street-Living or CouchSurfing or No Permanent Address

1. Have an open convo with your host/roommate about ground rules. Ask about their schedule, guests, habits, where to keep stuff etc. Be as neat as possible and make an effort to ensure everyone has alone time every day to head off tension and conflict.
2. Use free resources where you can!
 - Library - gather information, surf the internet, pleasure reading, warmth
 - Community Centres - pool, shower, drop-in sports, recreational activities, etc.
3. Visit the ID clinic if you lose your ID. They will replace it for free. In Toronto see Streethealth.ca.
4. Inquire about a “Basic Needs Allowance” from Ontario Works, this can help cover your everyday needs including toiletries and food!
5. Attend drop-ins for meals and socializing. Each drop-in is unique, find one that suits your needs!
6. Walk when you can, but never be afraid to ask for tokens from drop-in sites, doctor’s office, OW office, your school etc. Many of these places are happy to provide them!
7. If you have a cell-phone without a SIM card, download WiFi-enabled calling and texting so you have a phone number and contact information (very important when you’re job hunting).
8. Sometimes you have to fake it til you make it! Drop-ins can provide basic toiletries, dollar stores have inexpensive supplies to keep up with your daily hygiene. Good clothes don’t have to be new clothes!
9. Use your local referral centre - they can help you find a bed for the night.
10. Whenever you leave a space for the day/night - leave no trace of yourself unless otherwise asked.

Journal Prompt

Self Love

Self love is...

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My gifts are...

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A mistake that helped me grow as a person:

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Top 5 things that make me smile...

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Top 5 things that make me feel safe...

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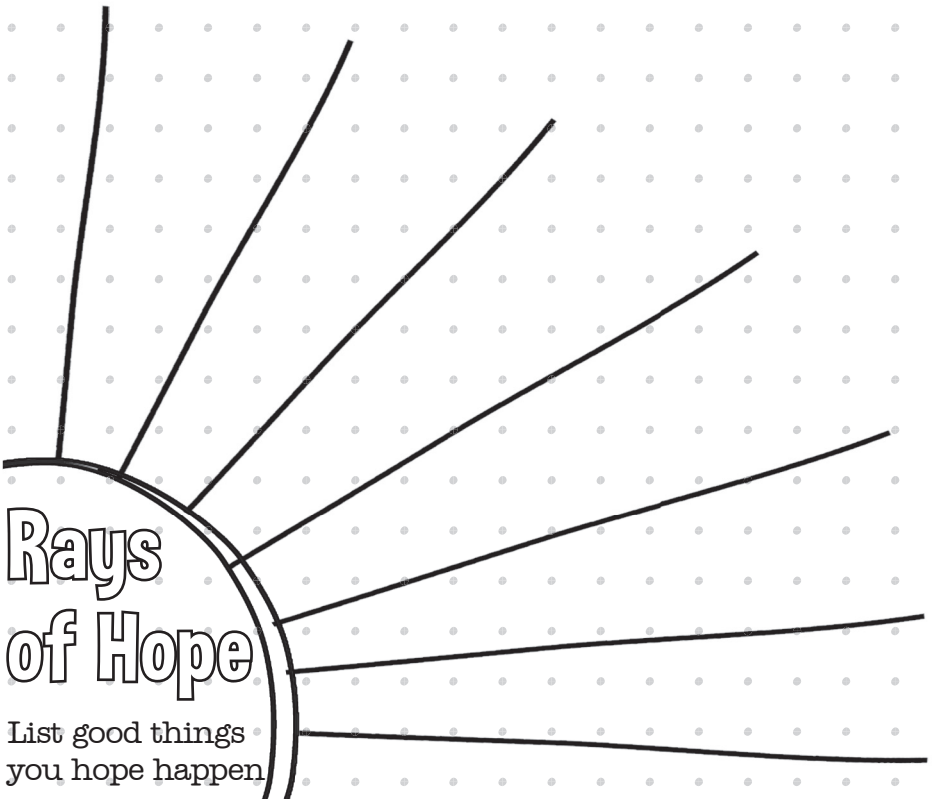
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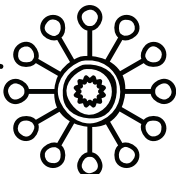
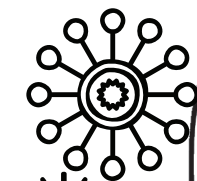
The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.

~ Buddha



FEBRUARY

Dates to Remember



When we love, we always strive to become better than we are.

When we strive to become better than we are, everything around us becomes better too.

~ Paulo Coelho,
The Alchemist

This month I'm tracking:

5 TIPS for the MONTH

Writing for Self Care

1. All stories evolve. Don't be afraid to let yours change and grow. Change is a good thing (for people and stories).
2. Take inspiration from the world around you. Be inspired by works you love, but don't steal from them.
3. Constructive criticism should be listened to, but insults aren't. Don't listen to people who are there to hurt you.
4. If you're getting stuck on something, take a break and come back to it once you've had some time to relax and cool down.
5. Spend time doing things other than writing. All sorts of physical activities can get you in the right mood.

Journal Prompt

Relationships

Relationships that make me feel alive...

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My safest relationship is with...

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I show love by...

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I receive love by...

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ACCEPTANCE ACTIVITY

Adapted from: Linehan, M. M. (2015). DBT Skills Training Handouts and Worksheets. New York: Guilford Press.

“Acceptance doesn’t mean resignation; it means understanding that something is what it is and that there’s got to be a way through it.” ~ Michael J. Fox

Radical Acceptance: “Radical here means complete and total. It’s when you accept something from the depths of your soul. When you accept it in your mind, in your heart, and even with your body. It’s total and complete. When you’ve radically accepted something, you’re not fighting it. It’s when you stop fighting reality. That’s what radical acceptance is.” - DBTselfHelp.com

Things I can’t change

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Things I can change

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Things I really don’t need

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Things I can’t live without

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Things I don’t want to do

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Things I want to do

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Things I don’t need to do

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Things I do need to do

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ACCEPTS Worksheet

Adapted from: Linehan, M. M. (2015). DBT Skills Training Handouts and Worksheets. New York: Guilford Press.

When something bad happens, we can cope by Distraction, Self-Soothing, Improving the Moment, and noticing the Pros and Cons. Remember the acronym ACCEPTS:

Activities I can distract myself with:

Contributions to others or my environment that will distract me are:

Choices I can make with my thoughts, actions or behaviours are:

Emotions that are positive that I can distract myself with:

Push away stress for the time being by:

Thoughts that are positive that I can distract myself with:

Sensations or grounding techniques I can use:

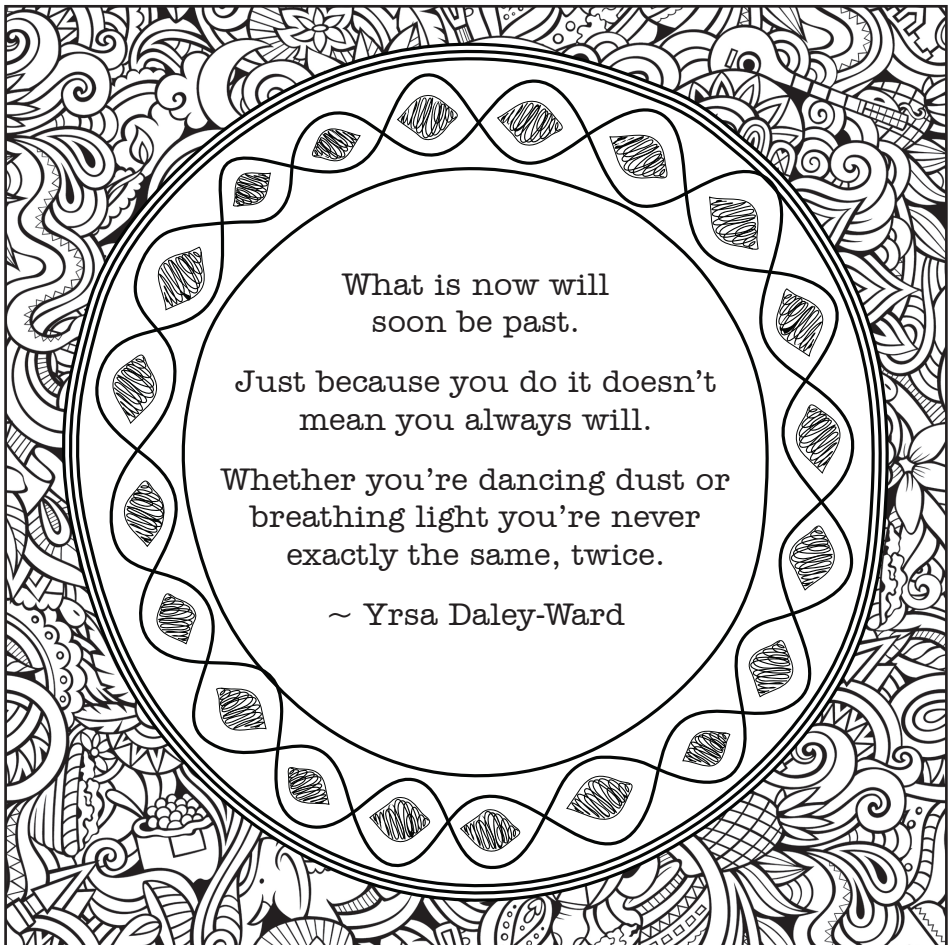
MARCH

Building Positive

Dates to Remember

Self-Esteem:

Make a list of things you love about yourself. Whenever you feel bad, look at it and focus on your strengths.



This month I'm tracking: -----

Journal Prompt

Design your dream living space

A large grid of dots for writing, consisting of 20 columns and 20 rows of small grey dots.

Where do you see yourself living in 5 years?

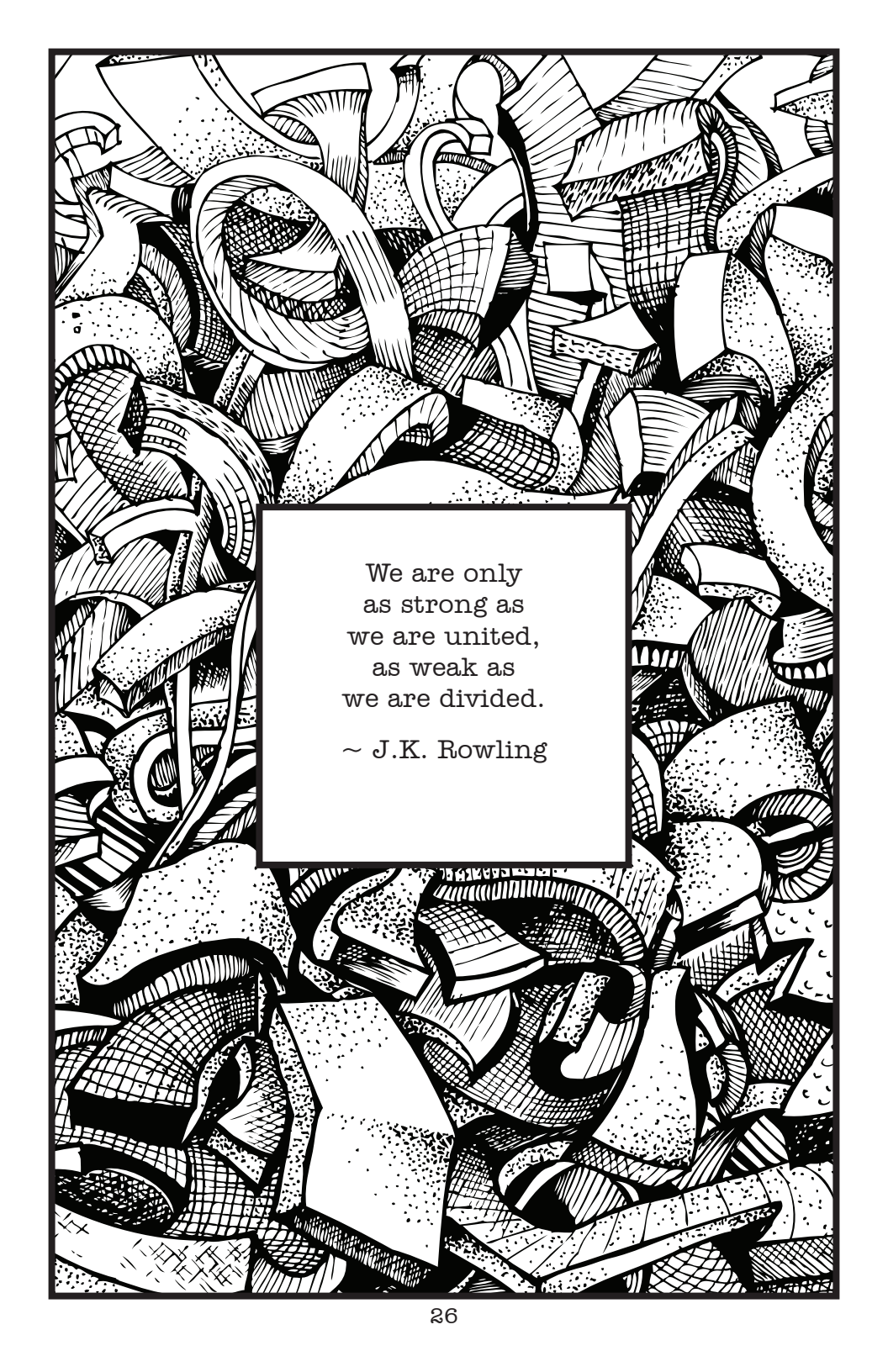
A grid of dots for writing, consisting of 20 columns and 8 rows of small grey dots.

Three things I like about my current living situation

A grid of dots for writing, consisting of 20 columns and 8 rows of small grey dots.

Three things I dislike about my current living situation

A grid of dots for writing, consisting of 20 columns and 8 rows of small grey dots.



We are only
as strong as
we are united,
as weak as
we are divided.

~ J.K. Rowling

APRIL

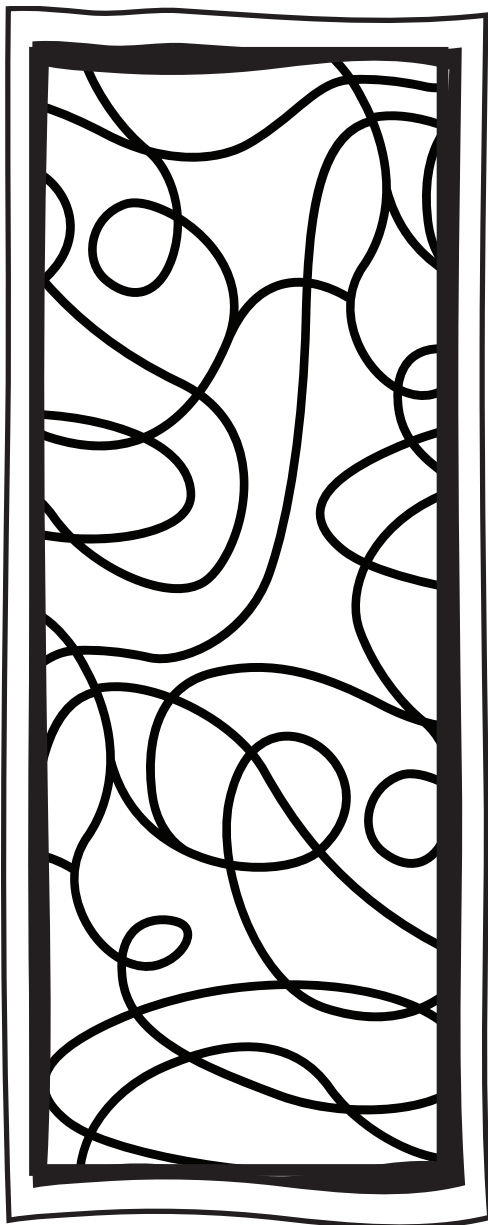
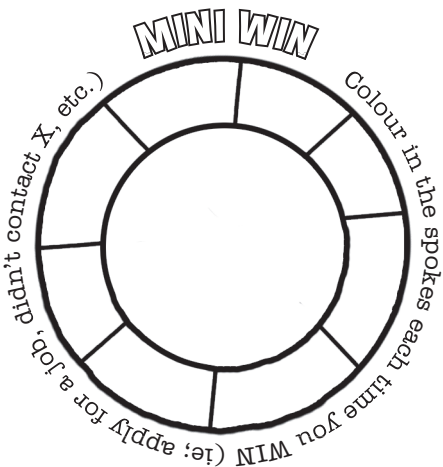
If there's a book that you want to read, but it hasn't been written yet, then you must write it. ~ Toni Morrison

This month I'm tracking:

Mindfulness for the MONTH

Sometimes you need to take a break and walk away from your feelings. Take a walk for 10 mins or until you feel more relaxed.

Dates to Remember



BUDGETING

A budget is about tracking how much money you've got coming in vs. how much is going out. Building a budget means figuring out what your needs are, what you owe and what goals you have in the long and short term.

Income

How much money is coming in every month (paycheque, allowance, OW, ODSP, etc.)

TOTAL INCOME \$

Expenses

My NEEDS: (rent, medical, food, recreation, etc.)

I OWE: (loans, car payment, school tuition, etc.)

TOTAL INCOME \$

Financial Pressures:

(debt, dependents, overdue bills, etc.)

HOW I'm MANAGING Expenses:

(payment plans, no recreation, extra job, etc.)

Short Term Goals

(new shirt, dinner out next week, paying last month's hydro bill off etc.)

How?

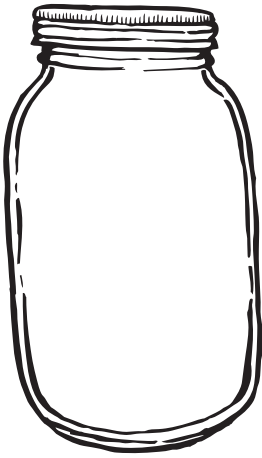
(save by packing a lunch, smoke less, tax return etc.)

Long Term Goals

(buying a car, getting a 2 bedroom apartment, etc.)

How ?

(pick up extra hours at work, take a break from going out, etc.)



Saving Goals

What amount of money would you like to put away every week or month?

A large grid of dots for writing the answer.

Needs and Wants

List items you can't live without and items you would like to purchase.

A large grid of 20 columns and 25 rows of small dots, intended for writing a list of needs and wants.

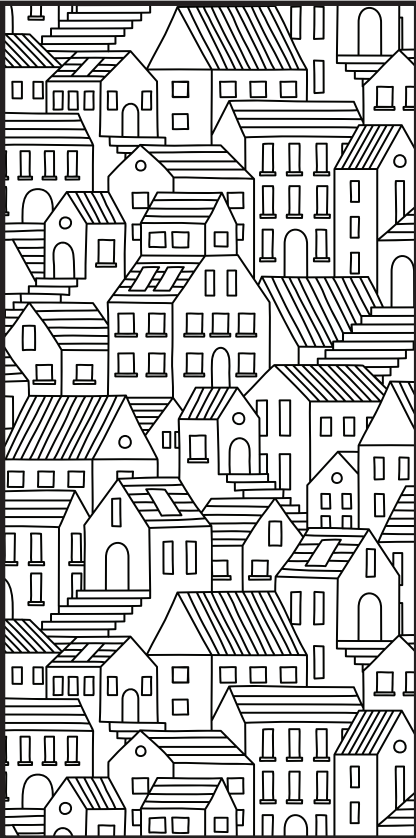
MAY

TIP for the MONTH

Set realistic goals and reassess them as needed. Don't beat yourself up for expectations that were unreachable.

So, I guess we are who we are for a lot of reasons. And maybe we'll never know most of them. But even if we don't have the power to choose where we come from, we can still choose where we go from there. We can still do things. And we can try to feel okay about them.

~ Stephen Chbosky



Dates to
Remember


~~~~~  
This month I'm tracking:







# Journal Prompt

I am an individual

I couldn't imagine living without

My favourite way to spend the day

One thing I wish people knew about me

I feel most alive when

Something I'm looking forward to

A change I have to overcome

One thing I have learned about myself last year

A quote that inspires me

Someone who inspires me





# French Toast

## Ingredients:

- Bread
- Eggs
- Milk (spoonful/egg)
- Cinnamon (pinch)
- Butter or Oil

## Topping Options:

- Maple Syrup
- Fruit
- Whip Cream

## What to do:

- Mix eggs, milk and cinnamon together in large bowl.
- Dip bread into mixture and let soak for a couple minutes.
- Heat up butter or oil in frying pan.
- Fry bread until golden brown.
- Top with your favourite ingredients.

Enjoy!

Prep time: 5 mins  
Cook time: 10 mins



# Bucket List

Places I'd Like to Go

- |            |             |
|------------|-------------|
| 1. . . . . | 6. . . . .  |
| 2. . . . . | 7. . . . .  |
| 3. . . . . | 8. . . . .  |
| 4. . . . . | 9. . . . .  |
| 5. . . . . | 10. . . . . |



# JUNE

Dates to  
Remember

Freedom is not something that anybody can be given.

Freedom is something people take, and people are as free as they want to be.

~ James Baldwin

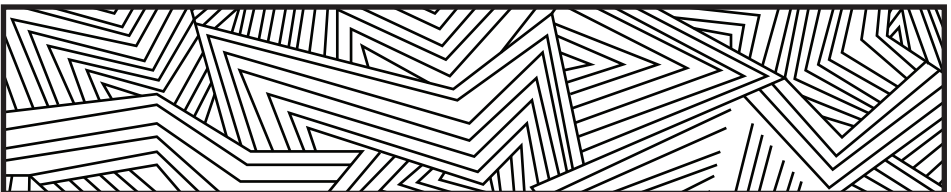
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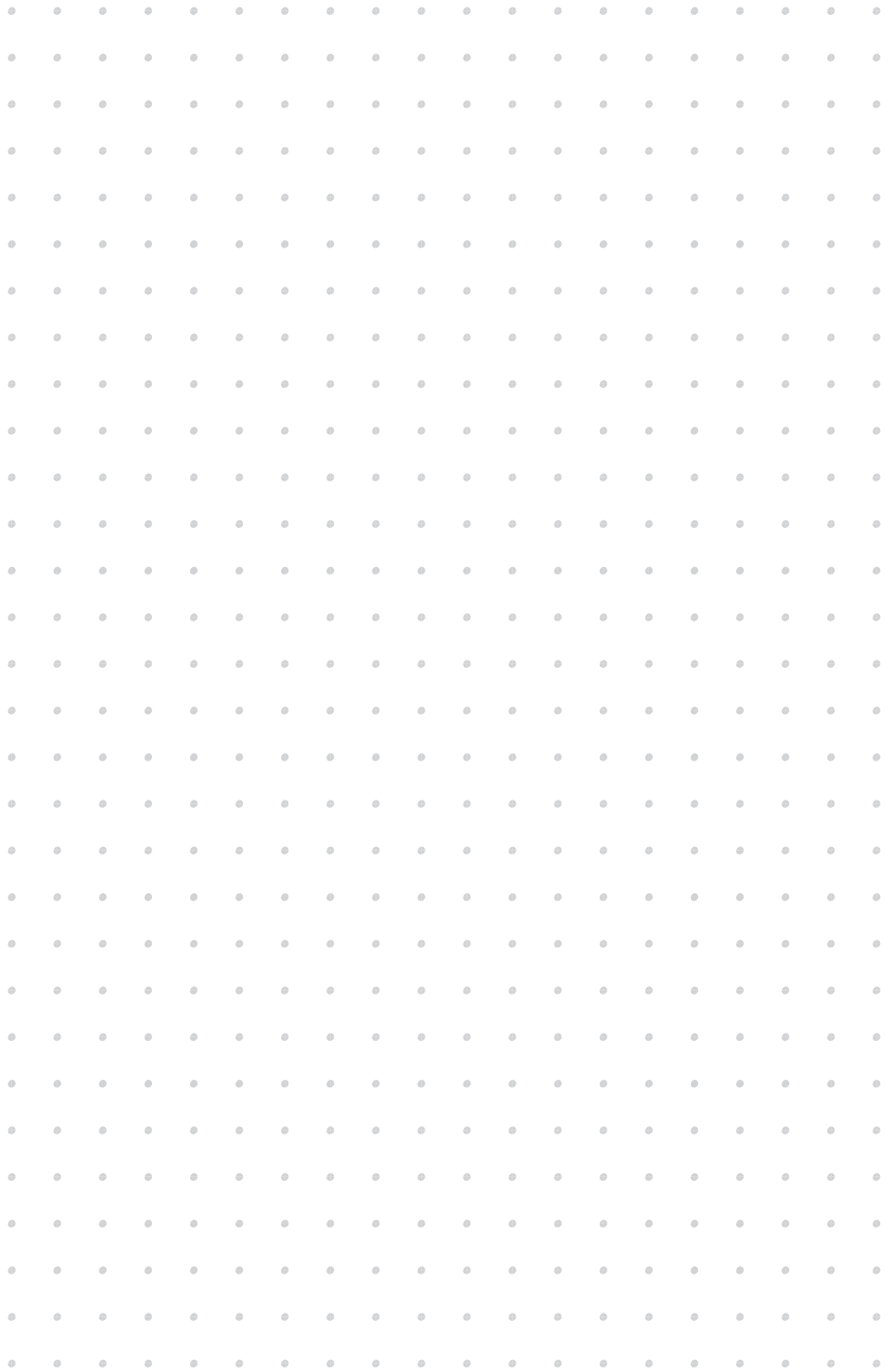
## 5 TIPS for the MONTH

### Falling in Love with Yourself

1. Acknowledge your effort, not your success. You are a success because you try, not because life comes easy.
2. Don't deny your mistakes; big or small. Accept when you are wrong and realize that no one is always right.
3. Give yourself an honest compliment and accept it. Try to see the good that others see in you.
4. Don't lie to yourself. Be honest about what you're bad at and work to change yourself for the better.
5. Identify toxic people and activities in your life. If someone or something is always getting you down, drop them!

This month I'm tracking: .....







# DEAR MAN ACTIVITY

Adapted from: Linehan, M. M. (2015). DBT Skills Training Handouts and Worksheets. New York: Guilford Press.

Learning how to communicate clearly without losing your head can be a struggle. It's a necessary skill, however, when dealing with service providers, landlords, friends etc. One trick is to remember the acronym D.E.A.R. M.A.N. when you're about to have a tough conversation.

Example; Your friend keeps borrowing money and never pays you back.

- D** Describe the situation  
"You have borrowed a lot of money from me lately and haven't paid me back."
- E** Express your feelings and opinions  
"I'm feeling frustrated and stressed about it. I have bills too, and I feel used by you. It's affecting our friendship."
- A** Assert yourself - state what you want  
"You can't ask me for any more money, and I need to to pay me back by the end of the month."
- R** Reward the person - what will they gain?  
"It can't feel good to owe a friend money like this. I'll be able to treat you to a movie once we get this sorted out!"

While you're talking, remember to be:

- M** Mindful of the objectives - stay on track, avoid getting sucked into an argument, brush off attacks or distractions, repeat yourself as much as necessary.
- A** Appear effective, calm and competent - no yelling or personal attacks, body language is calm and relaxed, walk away if it's getting out of hand.
- N** Willing to negotiate alternative solutions  
"If you can't pay me the full amount this month, I get it, but how about we set up a payment schedule?"

# DEAR MAN ACTIVITY PRACTICE:

Adapted from: Linehan, M. M. (2015). DBT Skills Training Handouts and Worksheets. New York: Guilford Press.

Imagine that your landlord has entered your living space without giving you 24 hours notice. He's done this before, and you know he's not supposed to be doing it. You're about to have a conversation about it. Use this to prepare what you'll say and how you'll stay calm and focused:

D

E

A

R

While you're talking, remember to be:

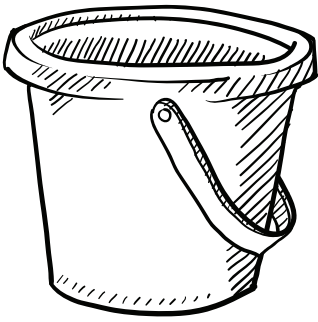
M

A

N







# Bucket List

10 Things I've Always Wanted To-Do...  
and when I'm going to do them!

Date to Accomplish

|     |   |   |   |   |   |   |   |   |   |     |   |   |   |   |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|---|---|---|-----|---|---|---|---|---|---|---|---|---|---|
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| 3.  | . | . | . | . | . | . | . | . | . | 3.  | . | . | . | . | . | . | . | . | . | . |
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| 7.  | . | . | . | . | . | . | . | . | . | 7.  | . | . | . | . | . | . | . | . | . | . |
| 8.  | . | . | . | . | . | . | . | . | . | 8.  | . | . | . | . | . | . | . | . | . | . |
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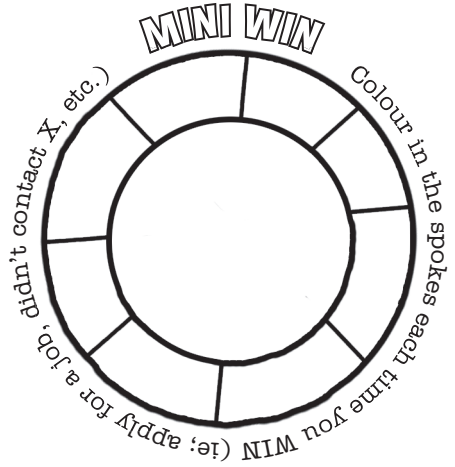


# JULY

If you were born with the weakness to fall you were born with the strength to rise” ~ Rupri Kaur, Milk and Honey

## Grounding Techniques

1. Run water over your hands, and describe to yourself out loud how it feels. (it is cool, it is wet, it is cleansing, etc.)
2. Say the alphabet backwards (Z, Y, X, W, V, etc.)

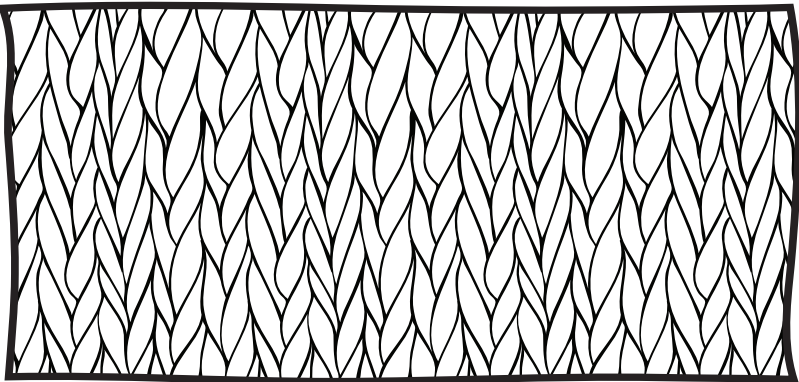


## Dates to Remember

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# Journal Prompt

Self care and managing stress

Three things I'm going to do this month to de-stress are...

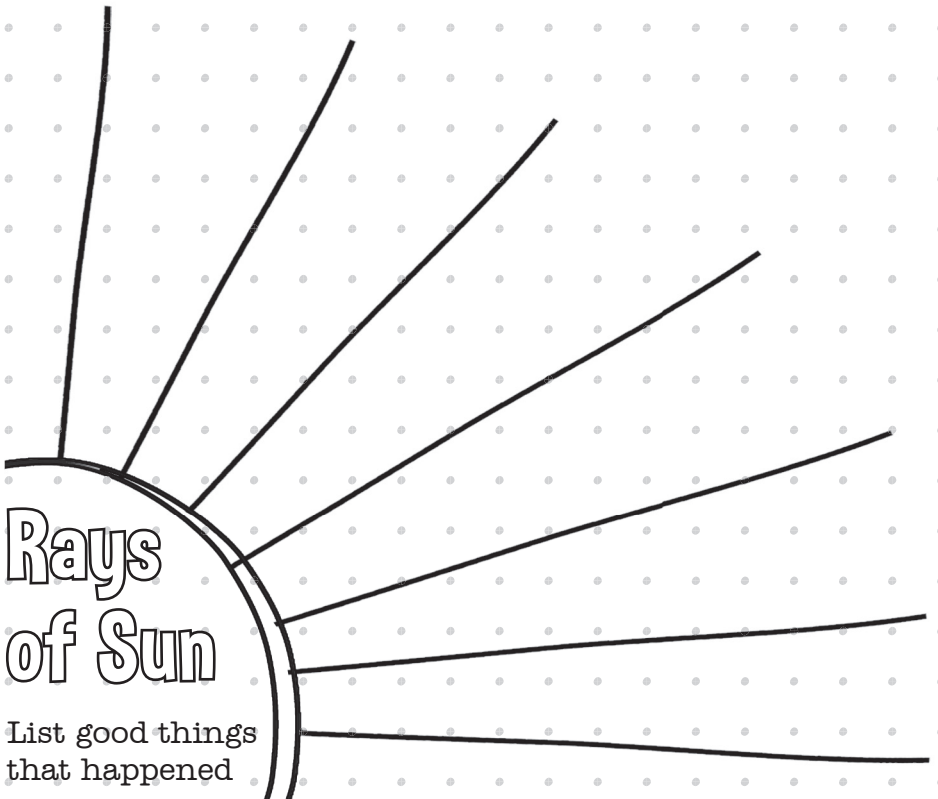
Top 5 ways I practice self care:

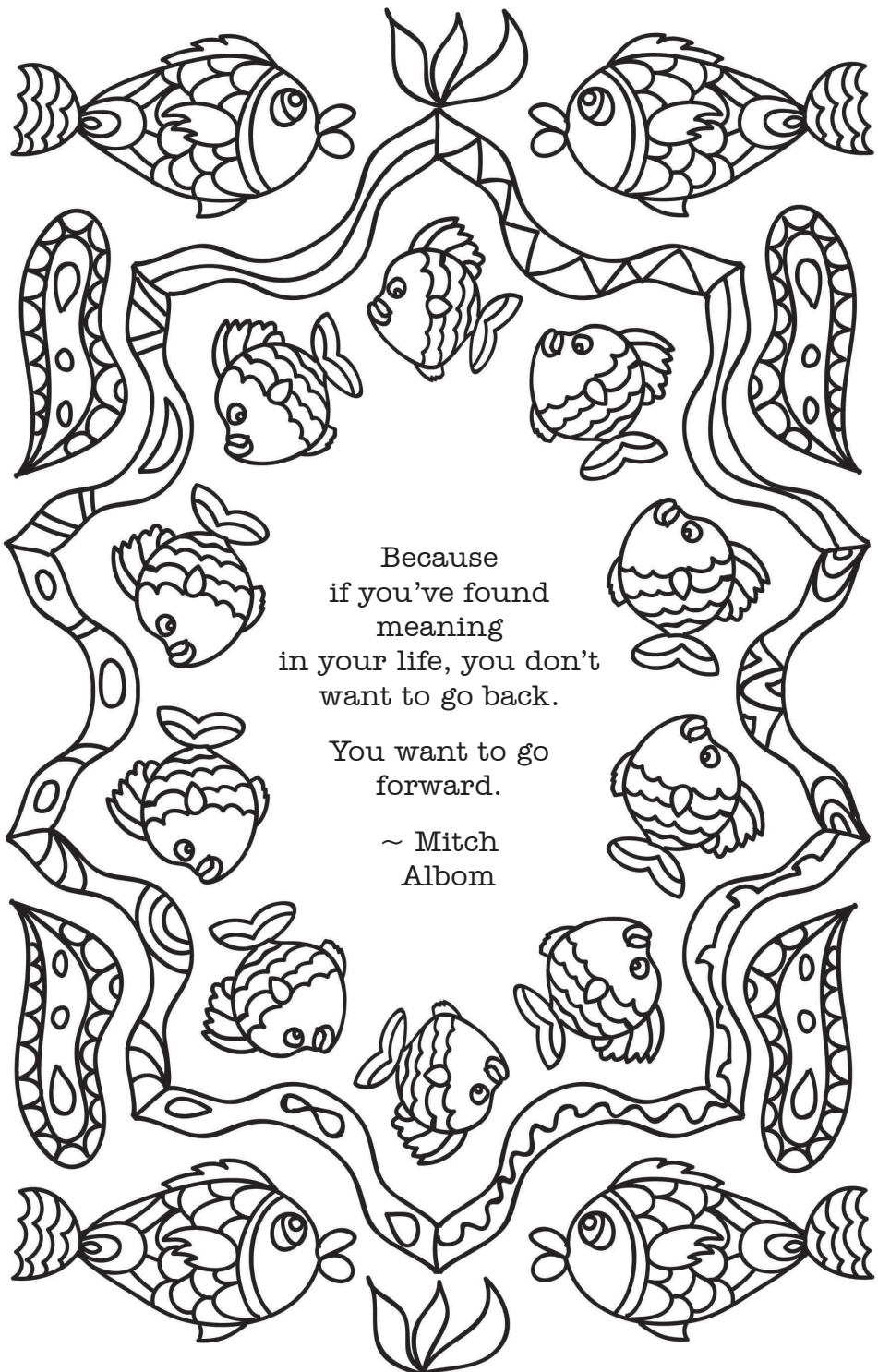
I wish I could spend more time doing...

I know now, after fifty years, that the finding/losing,  
forgetting/remembering, leaving/returning, never stops.

The whole of life is about another chance, and while we  
are alive, till the very end, there is always another chance.

~ Jeanette Winterson,





Because  
if you've found  
meaning  
in your life, you don't  
want to go back.

You want to go  
forward.

~ Mitch  
Albom

# AUGUST

## What I Can Say to Myself

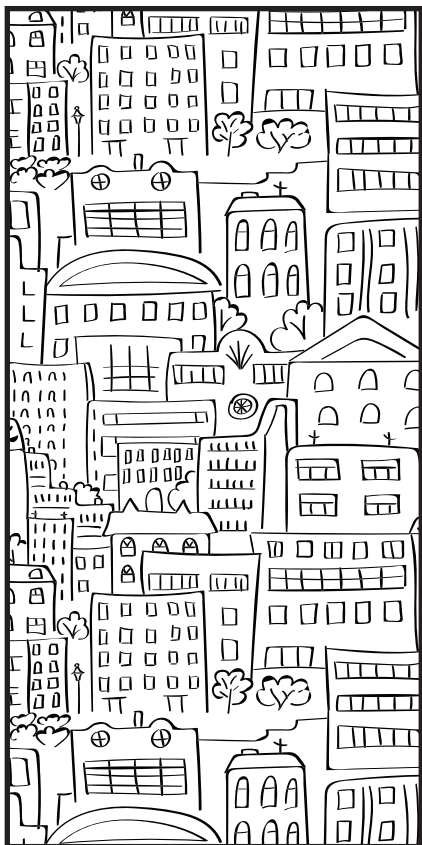
Am I on the right  
track?

I will learn from  
my mistakes.

I can always  
improve.

But many of us seek community solely to escape the fear of being alone. Knowing how to be solitary is central to the art of loving. When we can be alone, we can be with others without using them as a means of escape.

~ Bell Hooks,  
All About Love: New Visions



## Dates to Remember

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~~|||||~~  
This month I'm tracking:









# Personal Reflection:

Think about a time when you had a strong reaction (positive or negative) to something that happened either to yourself or in your environment. Write a journal or have a conversation with someone you trust about it, using this formula:

## Event:

What happened that you reacted to?

## Thought:

What was the judgement you made about it?

## Inner Response:

What did you want to do in response to this?

What changes did your body/brain have in response?

## Outer Response:

What did you do or how did you behave?

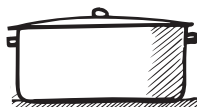
## Emotions:

How did you feel when you responded?

## After Effects:

What were the consequences of your response?

Did you lose or gain anything?



# Baked Mac & Cheese



## Ingredients:

Macaroni  
Cheese (all kinds)  
Salt & Pepper  
Bread crumbs  
(optional)

Prep time: 15 mins  
Cook time: 30 mins

## What to do:

Heat oven to 350°F.  
Cook macaroni according to package directions. Drain.  
Mix the macaroni and cheeses together. Salt and pepper to taste.  
Put mixture into oven safe pan and bake for 30 minutes.  
For added crunch spread bread crumbs on the top in the last 10 minutes of baking.

Enjoy!

# SEPTEMBER

## Grounding Technique

When you're anxious, try this to get you grounded and calm.

Count backwards in threes from 100  
100, 97, 94, 91, 88, 85...

Dates to Remember

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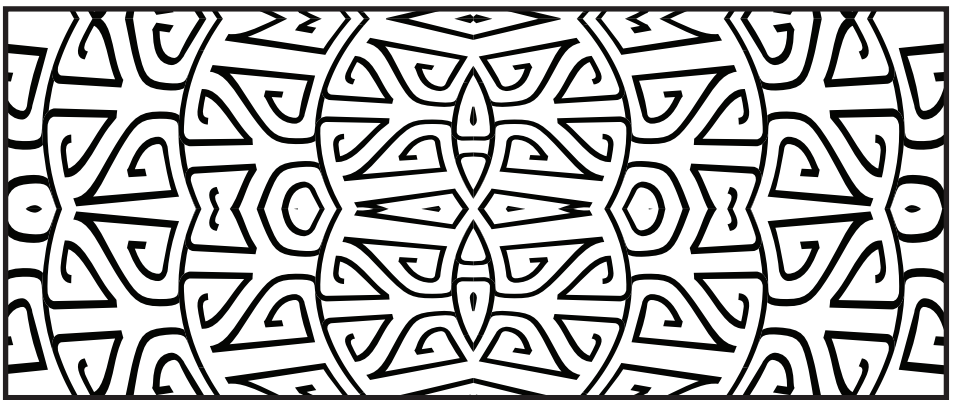
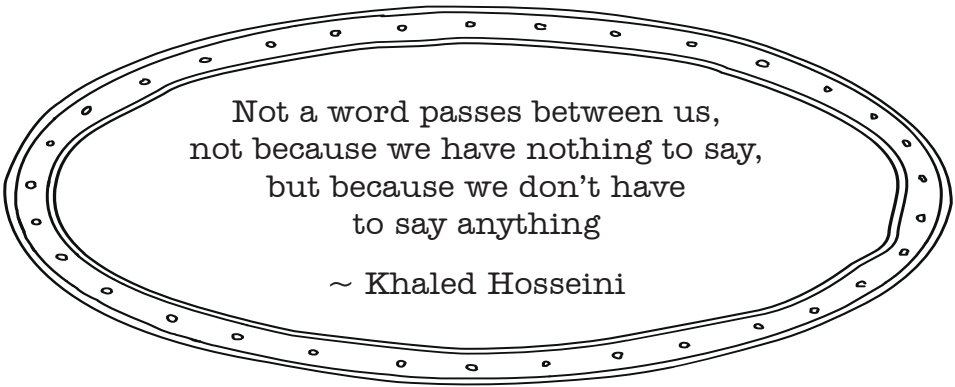
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This month I'm tracking: .....







# Grounding Techniques

When you're anxious, try these techniques to get you grounded and calm. Practice makes perfect!

## Square Breathing

- Breathe in for 4 seconds
- Hold in for 4 seconds
- Breathe out for 4 seconds
- Repeat 4 times

## Colors Game

- Pick one color and try to find how many items in area are the same color. Repeat the exercise with another colour.
- Advanced: Try this exercise while square breathing

## 5 Senses

For each sense come up with something that calms you.  
Example: Sight-Sunset, Smell-Coffee, Taste-Bacon, Sound-Rain, Texture-Grass

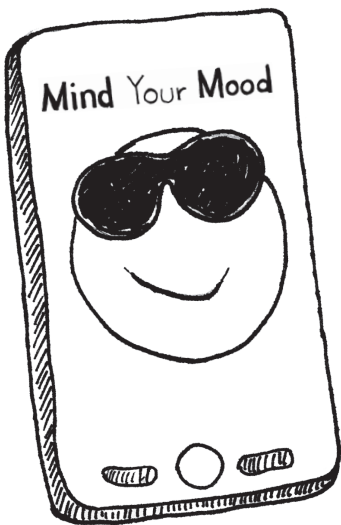
- Sight: . . . . .
- Smell: . . . . .
- Taste: . . . . .
- Sound: . . . . .
- Texture: . . . . .

## Look Around

- 5 things you see . . . . .
- 4 things you can touch . . . . .
- 3 things you can hear . . . . .
- 2 things you can smell . . . . .
- 1 thing you can taste . . . . .







# Mind Your Mood

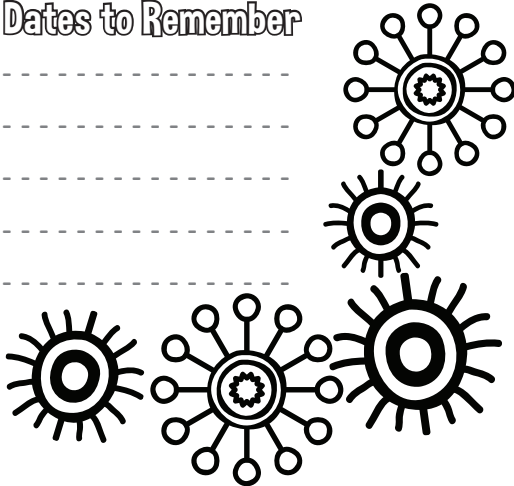
The Mind Your Mood app helps people describe their emotions and track changes over time. It allows you to see a history of your mood and behaviour patterns. This better informs your mental health care process.

Mind Your Mood is a FREE app available on iOS and Android.

# OCTOBER

## Dates to Remember

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This month I'm tracking:

The timeless  
in you is  
aware of life's  
timelessness.  
And knows that  
yesterday is but  
today's memory  
and tomorrow is  
today's dream.

~ Kahlil Gibran,  
The Prophet

## 5 TIPS for the MONTH

### Take Joy in the Simple Things

1. Acknowledge nature by taking a walk. Enjoy the sensory experience of touching tree bark or grass.
2. Be thankful for the little things - like the sun or someone smiling as you pass them. Everything has value.
3. Search for ways to feel joy - embrace the things in your life that have made you happy; family, friends, hobbies, pets, food, music, etc.
4. Close your eyes for a minute and feel your heartbeat. There is nothing more real or honest in the world.
5. Dance just to feel your body move. Don't worry about how silly you look. Crank the music and have fun!





# Boundaries

A boundary is a limit or line that defines what we let out vs. what we let in. When we talk about “personal boundaries” we could be talking about physical boundaries or the limits around privacy, how we communicate and how we are influenced by and relate to others.

No matter what type of boundaries you have (Soft? Spongy? Rigid? Flexible?), you are in control. No one gets to decide what makes you feel comfortable and what doesn't. Everyone is different, and only YOU get to decide what is ok and not ok for you.



## SOFT

A person with soft boundaries merges with other people's boundaries. They might be easily influenced by others, controlled and can be taken advantage of.



## RIGID

A person with rigid boundaries tends to close themselves off, avoiding getting close to anyone. They may have experienced hurtful things in the past and so they use rigid boundaries to protect themselves. They may relax their boundaries in certain situations or with certain people.



## SPONGY

A middle point between hard and soft boundaries. A little less influenced by others than someone with soft boundaries, but not always sure of what and who to let in vs. keep out.



## FLEXIBLE

Flexible is a mix of the other three types, with the person being in more control of deciding what to let in or what to keep out. They can be open and trusting, but their boundaries are rigid enough that it makes them hard to control or exploit.

Where do you fall on the boundaries spectrum? List things about your boundaries and how you might define them better for yourself.

# Define Your Boundaries

Things that make me comfortable:

(small groups, shaking hands, etc.)

I have the right to ask for...

(more info before making a decision, help around the house, etc.)

It's OK for me to say...

(no, leave me alone, I need more time, I've changed my mind, etc.)

Things that make me uncomfortable:

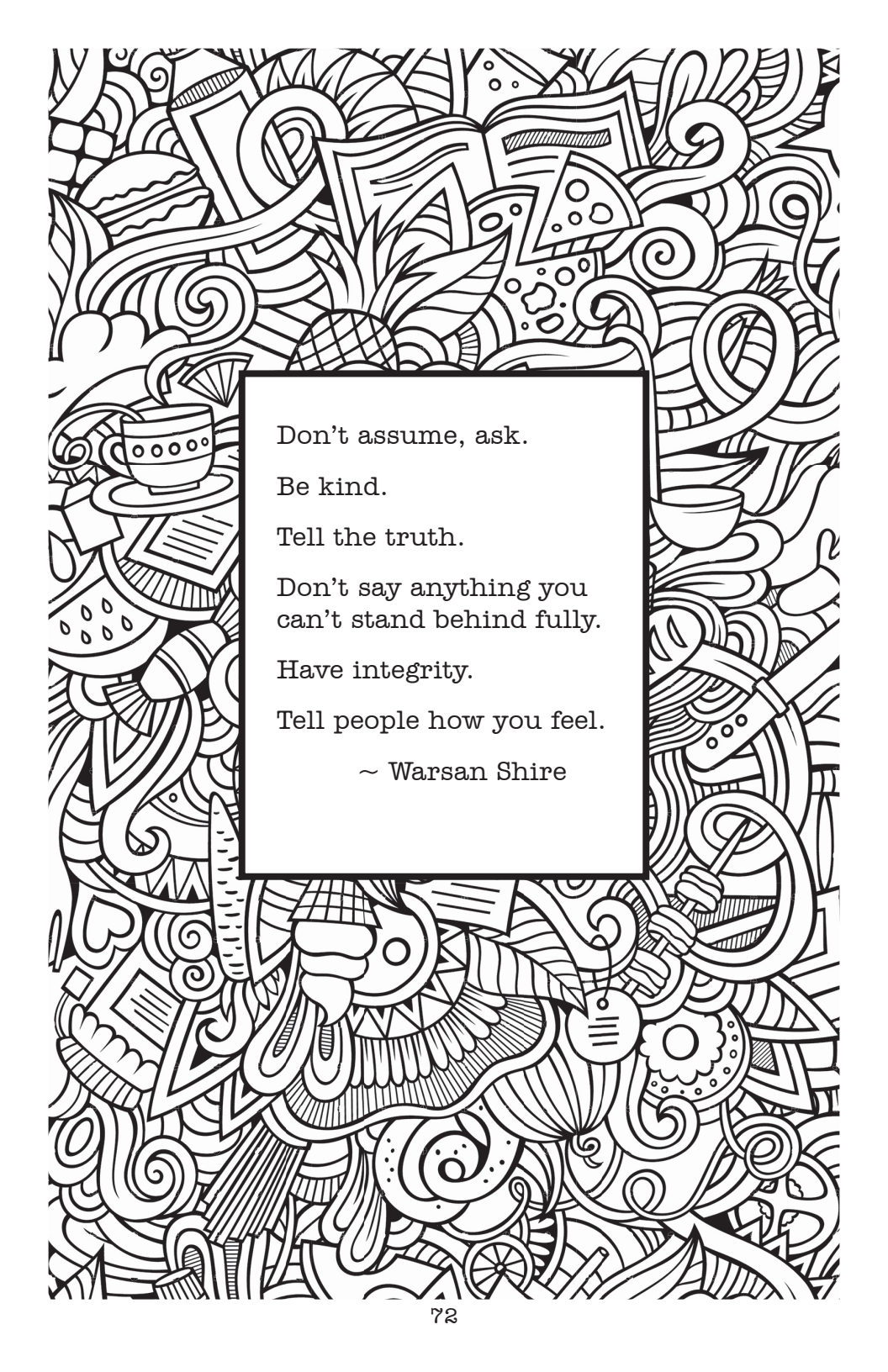
(hugs, comments on my looks, large groups, etc.)

People are not allowed to...

(2am texts, touching my things without asking, telling me who to spend time with, etc.)

I protect my time and energy by...

(turning off my phone, cancelling if I'm not well, etc.)



Don't assume, ask.

Be kind.

Tell the truth.

Don't say anything you  
can't stand behind fully.

Have integrity.

Tell people how you feel.

~ Warsan Shire



# NOVEMBER

Stay strong through your pain  
grow flowers from it  
you have helped me  
grow flowers out of mine so  
bloom beautifully  
dangerously  
loudly  
bloom softly  
however you need  
just bloom

~ Rupi Kaur

This month  
I'm tracking:

Dates to  
Remember

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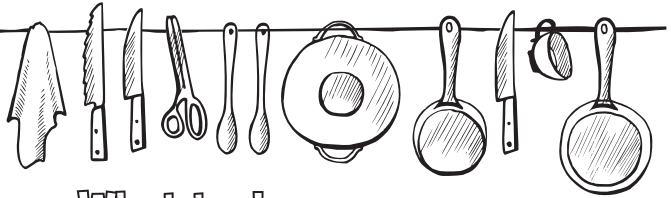
## Building Positive Self-Esteem

1. Make a list of things you love about yourself. Whenever you feel bad, look at it and focus on your strengths.
2. Set realistic goals and reassess them as needed. Don't beat yourself up for expectations that were unreachable.
3. Don't rely on other people to build your self-worth. Congratulate and reward yourself for good work, even if no one notices.
4. Respect yourself and your values. Surround yourself with people who do the same.
5. Live in the present. Tomorrow might be better or worse, but the best you can do is prepare for today.





# Stir Fry



## Ingredients:

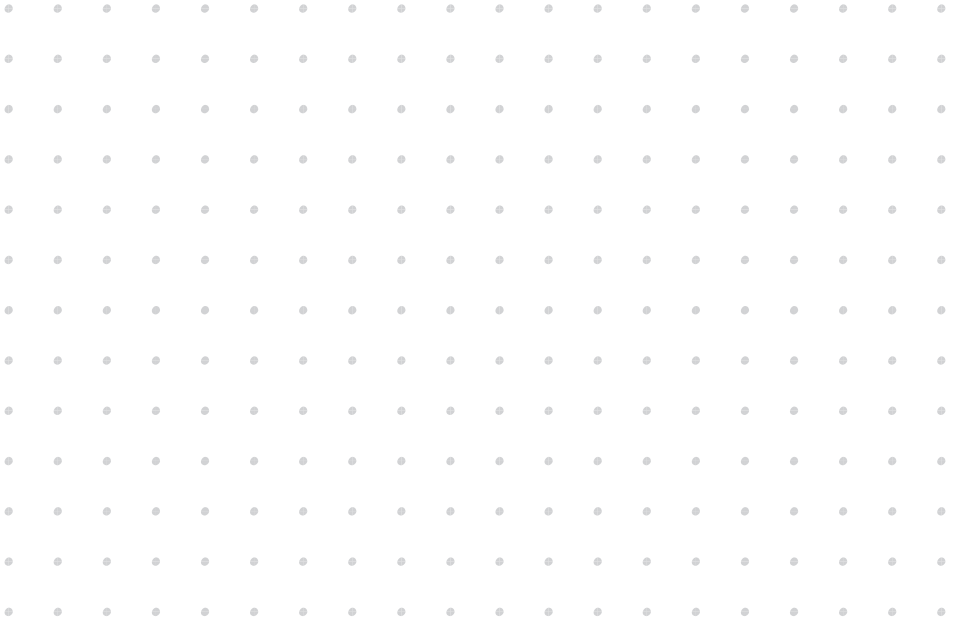
- Vegetables (variety)
- Butter or oil
- Meat (your choice)
- Salt & Pepper
- Spices (ie; onion, garlic, steak spice, etc.)
- Noodles or Rice
- Sauce (optional for flavour)

Prep time: 15 mins  
Cook time: 20 mins

## What to do:

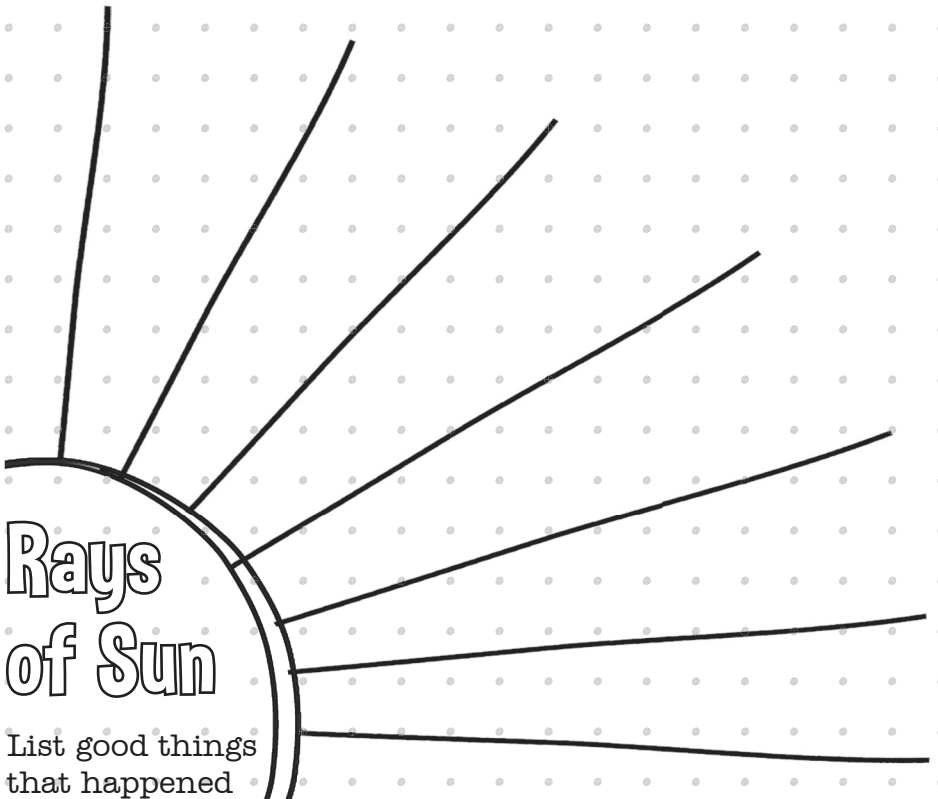
- Cut up the veggies and meat to bite size pieces.
- Cook pasta or rice according to package directions.
- Heat up the butter or oil.
- Fry and spice up the veggies first and place aside.
- Fry and spice up the meat.
- Add veggies back to the pan and more spice and sauce if necessary.
- Serve over rice or pasta.

Enjoy!



When adults say, “Teenagers think they are invincible” with that sly, stupid smile on their faces, they don’t know how right they are. We need never be hopeless, because we can never be irreparably broken. We think that we are invincible because we are. We cannot be born, and we cannot die. Like all energy, we can only change shapes and sizes and manifestations. They forget that when they get old. They get scared of losing and failing. But that part of us greater than the sum of our parts cannot begin and cannot end, and so it cannot fail.

~ John Green



# Journal Prompt

## Self improvement

Top 5 things I'd like to try...

.....

.....

.....

My role model for assertiveness is...

.....

.....

.....

My role model for self acceptance is...

.....

.....

.....

My role model for generosity is...

.....

.....

.....

A change I'd like to make is...

.....

.....

.....

What are some individual rights you need to claim or re-claim for yourself?

.....

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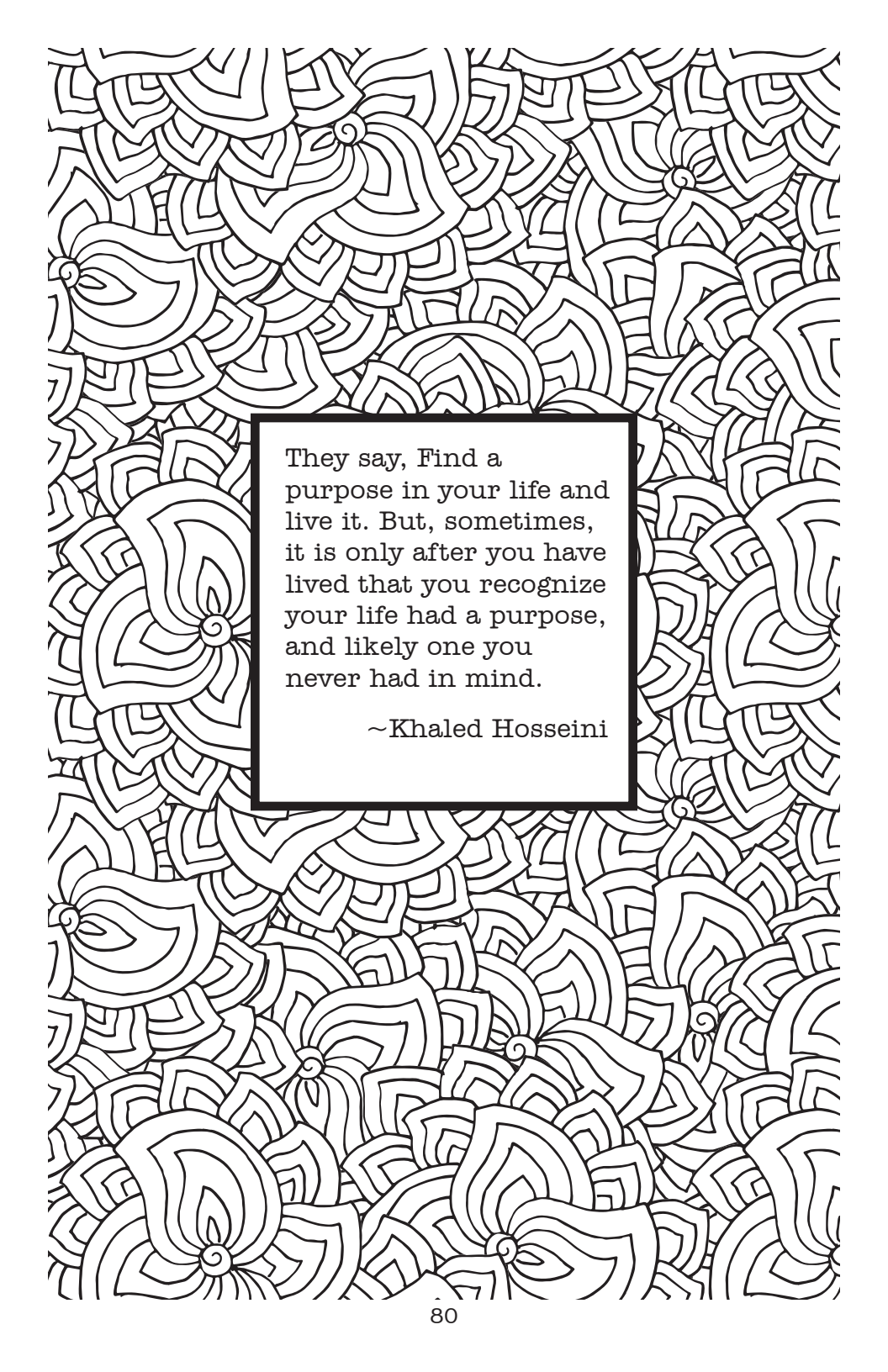
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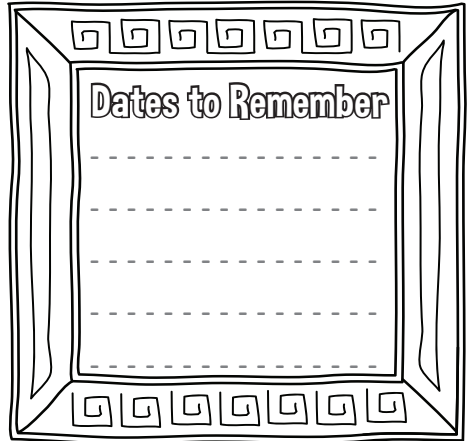
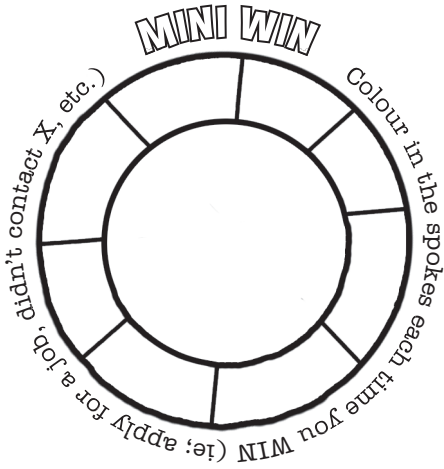
They say, Find a purpose in your life and live it. But, sometimes, it is only after you have lived that you recognize your life had a purpose, and likely one you never had in mind.

~Khaled Hosseini



# DECEMBER

There's nothing like deep breaths after laughing that hard. Nothing in the world like a sore stomach for the right reasons. ~ Stephen Chbosky



## COPING with the HOLIDAYS

1. Put on some music and decorate your space. Inexpensive dollar store decorations and twinkle lights can brighten any area!
2. Take advantage of local community meals and free events, or volunteer. You can make a difference.
3. Don't dwell on holiday traditions, find people who might be alone or struggling and create new memories and traditions.
4. Don't stress about buying gifts if funds are low. Write a heartfelt letter, make a craft or repurpose/upcycle/regift stuff you don't need and that someone might get use out of.
5. Don't put your health on the backburner. Keep taking your medications, access help when you need it, maintain your personal boundaries and continue to practice good self care.



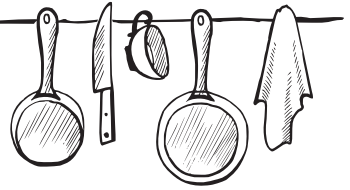








# Breakfast Wrap



## Ingredients:

- 2 Eggs
- Peppers chopped
- Onions chopped
- Butter or Oil
- Salt & Pepper
- Pita

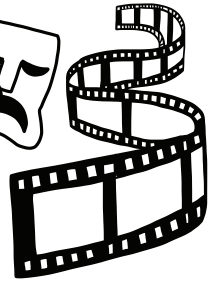
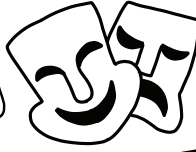
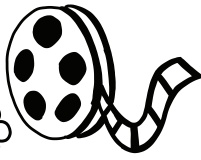
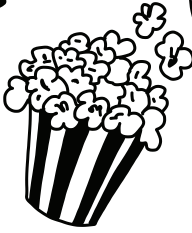
## What to do:

- Heat up the butter or oil.
- Add in the chopped peppers and onions, cook until tender.
- Add the eggs. Add salt & pepper and whatever spices you enjoy.
- Cook together. Spoon into pita and wrap it up.

Prep time: 5 mins  
Cook time: 15 mins

Enjoy!

A large grid of 20 rows and 25 columns of small dots, intended for writing a recipe or notes.



# Bucket List

## Movies I'd Like to Watch

- |    |  |     |
|----|--|-----|
| 1. |  | 6.  |
| 2. |  | 7.  |
| 3. |  | 8.  |
| 4. |  | 9.  |
| 5. |  | 10. |

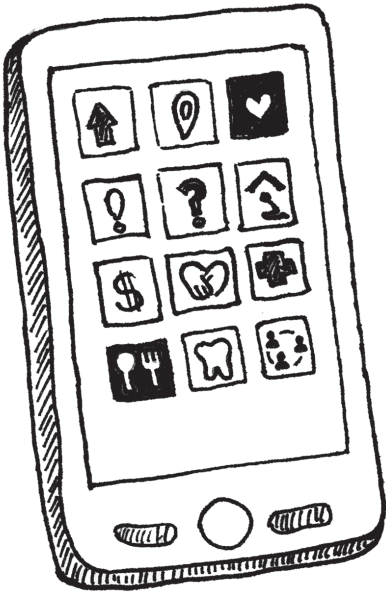


Be Safe is a mobile app that aims to help young adults make a decision about seeking help in a crisis.

Be Safe is unique because it was developed in full partnership with youth and professionals. It is a system's navigation tool that helps youth find help when they need it, and supports them through the process of reaching out when it feels overwhelming.

[BeSafeApp.ca](http://BeSafeApp.ca)





# EMERGENCY CONTACTS

You need to be able to access important people or services in your life. Make a list and keep it in a few different places.

-----  
Trusted Friend

-----  
Trusted Friend

-----  
Trusted Adult

-----  
Social Worker

-----  
Dentist

-----  
Place of Worship

-----  
Counsellor

-----  
Doctor

-----  
Shelter

A large grid of 20 columns and 15 rows of small dots for writing emergency contact information.

# DIY: Home First-Aid Kit



Start with a small box and add items according to your needs.

## Bandages

- Adhesive bandages in assorted sizes
- Gauze pads
- Cloth tape
- Blister pads

## Tools

- Scissors
- Tweezers
- Thermometer
- Gloves

## Medications

- Pain reliever  
ie; Tylenol, Advil, etc.

## Creams & Ointments

- Antibiotic cream  
ie; Polysporin,  
Neosporin, etc.

## Miscellaneous

- Space blanket
- Instant cold compress
- CPR mask





The Housing Outreach Project-Collaborative (HOP-C) is a homelessness prevention project, funded by the Ontario Ministry of Child and Youth Services, that brought together multiple service providers across the Greater Toronto Area in order to address the difficulties that youth experience in their journeys out of homelessness, including housing instability and challenges to mental health and quality of life. The project offered a 4-pronged set of supports to youth: (i) dynamic and participatory engagement, (ii) transitional case management, (iii) mental health intervention and, (iv) peer support. Throughout the project, participant feedback was key to service delivery and design.

The HOP-C Youth Collective is a spin-off from the larger project and is run by youth for youth – developed to employ a rights based, anti-oppression lens in the creation of an arts-based project that can make a difference. The collective brought together peer mentors and participants in the HOP-C project to create a youth-designed handbook to surviving and thriving in the pathways out of the marginality of homelessness.

Our organizational partners include: the Center for Addiction and Mental Health; the Center for Mindfulness Studies, Covenant House, Loft, SKETCH Arts and the Wellesley Institute.



The content and design of this tool was co-created by



and Toronto Youth in a weekend Design Studio:

Teresa, Simba, Cynn, Vanessa, Marian, Vee,  
Madeleine, Mardi, and Kal.