



# Hat Helpers



Top Row: What things do you already do? What already exists?

Bottom Row: What are other opportunities or strategies?

<b>Self Care</b> (e.g., Bubble bath)	<b>Personal or Social Supports</b> (e.g., Friend)	<b>Skills, Tools, Strategies</b> (e.g., Time management)	<b>Community Supports</b> (e.g., Family Resource Centre)