

Because of **Psychoeducation** I can...



Adapt to others



Develop coping skills



Get counseling

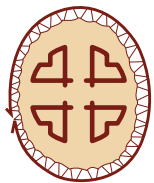


Find balance in my life



Manage my feelings

Psychoeducation can help



Conseil Cri de la santé et des services sociaux de la Baie James
σ ∩ d l a b t · Δ r " Δ · i a Δ o e b r C b σ ∇ l
Cree Board of Health and Social Services of James Bay

Ask for it!



creehealth.org/whatisalliedhealth