

PATHWAYS TO HEALTH

Three people I can talk to:
(check out the phone #'s on other side!)

- 1.
- 2.
- 3.

Three things I like about myself:
(e.g. My jokes, my sports talent, my taste in music, my smile, and so on!!!)

- 1.
- 2.
- 3.

Three activities I like to do:
(e.g. Cooking, video games, hanging out with family/friends)

- 1.
- 2.
- 3.

Fill this out when you feel good, keep it somewhere special and then take a look at it if you are having a hard time. It might brighten your day.

BODY IMAGE BOOSTER

Sometimes its tough to be happy with ourselves with all of the messages saying that we need to change. Here's a space to remind you that you are fantastic just as you are.

Write 3 things about your body that you enjoy.

Write down a compliment you received that made you feel good.

Write a piece of clothing or an accessory that makes you feel good.

Write 3 of your best personality traits.

QUALITIES OF A HEALTHY RELATIONSHIP

K B B F J H T M X S N A G O I
 F S W O O M J U H T N F Q J E
 J C D U U E T C G S P P F J K Y
 C O M M O N I N T E R E S T S
 B S K A Z P D X L F Q C A C Q
 S U P P O R T A O B S T F E E
 Y T I L A U Q E R P F G I E P E
 H K B Q N U F E A I A O T S R
 Z B E E I T V C B R E N Y E R
 L J U V X P E L E G O S U R L

Boundaries
 Equality Fun Space
 Affection Support
 Respect Safety Common Interests



NEED SUPPORT?

Klinik Drop-In Counselling Program (Mon / Wed 12-7pm, Tues / Fri / Sat 12-3pm) 204.784.4667
 248 Broadway Ave. Free counselling on any issue for anyone over the age of 13. www.klinik.mb.ca

Youth Mobile Crisis Team (24 hour crisis line) 4.877.710.3889 or 204.948.4777
 Crisis response team that delivers services to children, adolescents, families & care-givers.

Addictions Foundation of Manitoba Youth Services 204.944.8235
 Counselling, treatment and support groups for youth and families dealing with addiction. www.afm.mb.ca

Rainbow Resource Centre (LGBTQ+) 204.474.0212
 110 Cook St. - Counselling on any issue, library, safer sex supplies. 1.888.383.2778 or 204.944.8235
 youth groups and drop-ins. www.rainbowresourcecentre.org

Street Connects 204.881.0742
 425 McDermid Ave. - Culturally based Aboriginal identified programs and services for youth (and all ages). www.streetconnects.ca

Gender Dysphoria Assessment and Action for Youth Team 204.852.5820
 425 McDermid Ave. - Manitoba's area program for transgender youth up to age 17. www.kank.kankhink.ca

Child and Adolescent Eating Disorders Service 204.787.7218
 PEJ, 18-771, Sansonville Ave. - The Child and Adolescent Eating Disorders Service provides treatment in either a day treatment or outpatient setting. www.gdsay.ca

Find your local Teen Clinic 204.787.7218
 Teen clinics offer youth confidential health/medical services and are only for youth. www.teenclinic.ca

Write 3 of your best personality traits.

Equality

Fun

Support

Safety

Respect

Boundaries

Space

Common Interests



teen talk

For more info on sexual health, mental health, substance use and healthy relationships, check us out at www.teentalk.ca

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Need help now?
Klinik Crisis Line 1.888.322.3019