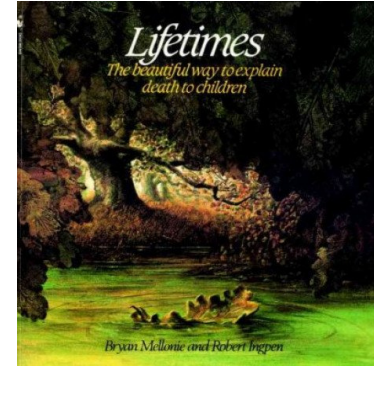
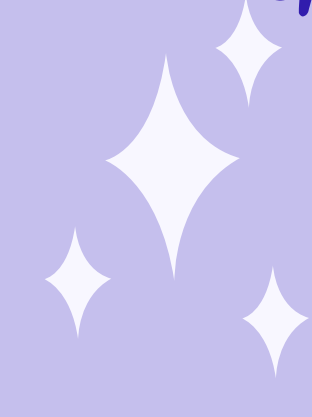




Practice when it's easy

Make space for being brave and human



Videos

Breathe



Books



starting the conversation

Grief & Death

RESOURCES FOR PARENTS AND CAREGIVERS



Art



Talking about Suicide



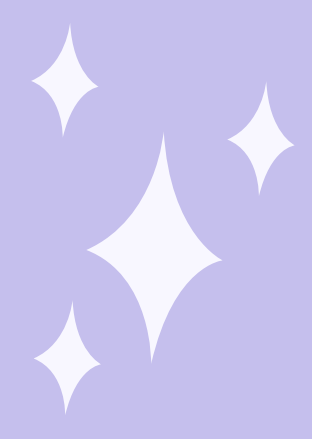
Fred Rogers



Doing Good Together Resources

Listen Deeply

Make space for silence



Wonder

Use your people

