

Let's Have a C.H.A.T.

"C"aring

"H"arm

"A"wareness

"T"alk

THINK~SHARE~ASK

- What happened?
- What were/are you thinking?
- What were/are you feeling?
- What's been the hardest thing for you?
- Who has been affected? How?
- What do you need for this to be better?
- What can you do to help make this better?

**PUT RELATIONSHIPS
FIRST!**

www.relationshipsfirstof.com



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*Facilitated by Respire Health