



NLCPA

Newfoundland and Labrador Counsellors' and Psychologists' Association
A Special Interest Council of the Newfoundland and Labrador Teachers' Association

TALK TO YOUR SCHOOL COUNSELLOR

High School Poster Links

Building Resiliency

www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=293&id=2198

<http://www.apa.org/helpcenter/bounce.aspx>

http://www.fosteringresilience.com/7cs_parents.php