Find these coping items to help you play your CARDS.

- x2  🐾 x4
- x2  🐻 x2
- x3  🎁
- x5  🎁
- x2
- x4  🌟
- x2  🎓
- x2  🎁
- x4  🌟
- x4  🎁
- x2  🎁
- x1  🎁
- x3  🎁
- x3  🎁
- x2

Partner organizations

Public Health Agency of Canada  Agency de la santé publique du Canada

Canadian Mental Health Association  Association canadienne de santé mentale

CAMH  Centre for Addiction and Mental Health

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