

MY

OFF

TRAIL

PROGRESS



THE BIG ADVENTURE

"Recognizing your emotions and learning to calm down"

CHALLENGE #1



THIS FEELS GOOD!

"Using ways to make yourself feel good"

CHALLENGE #2



CHOOSING YOUR CAMP

"Getting to know your own interests"

CHALLENGE #3



LOST AND FOUND?

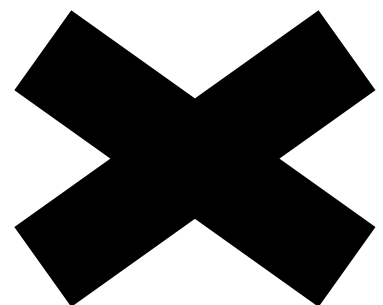
"Helping others"

CHALLENGE #4



FEATHERS AND ROCKS

"You have an impact on others"



Financial contribution from



Public Health Agency of Canada

Agence de la santé publique du Canada

Centre intégré de santé et de services sociaux de la Montérégie-Centre



Université de Sherbrooke



Centre RBC d'expertise universitaire en santé mentale



Text is under a CC BY-NC 4.0 licence. Graphics designed with Canva are under Canva's content licence.

© OFF-TRAIL program by Centre RBC d'expertise universitaire en santé mentale (2025). Université de Sherbrooke.

MY

OFF

TRAIL

PROGRESS



To cut out and glue to the *My OFF-TRAIL Progress poster*, after each workshop.

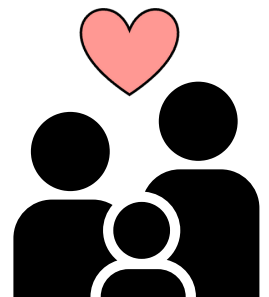
CHALLENGE #1

CHALLENGE: Show your parents how to do belly breathing.



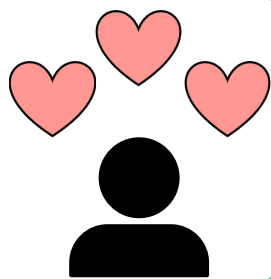
CHALLENGE #2

CHALLENGE: Try to do something with your parents that makes you feel good.



CHALLENGE #3

CHALLENGE: Find three activities you like to do.



CHALLENGE #4

CHALLENGE: Try to help a friend in need.

