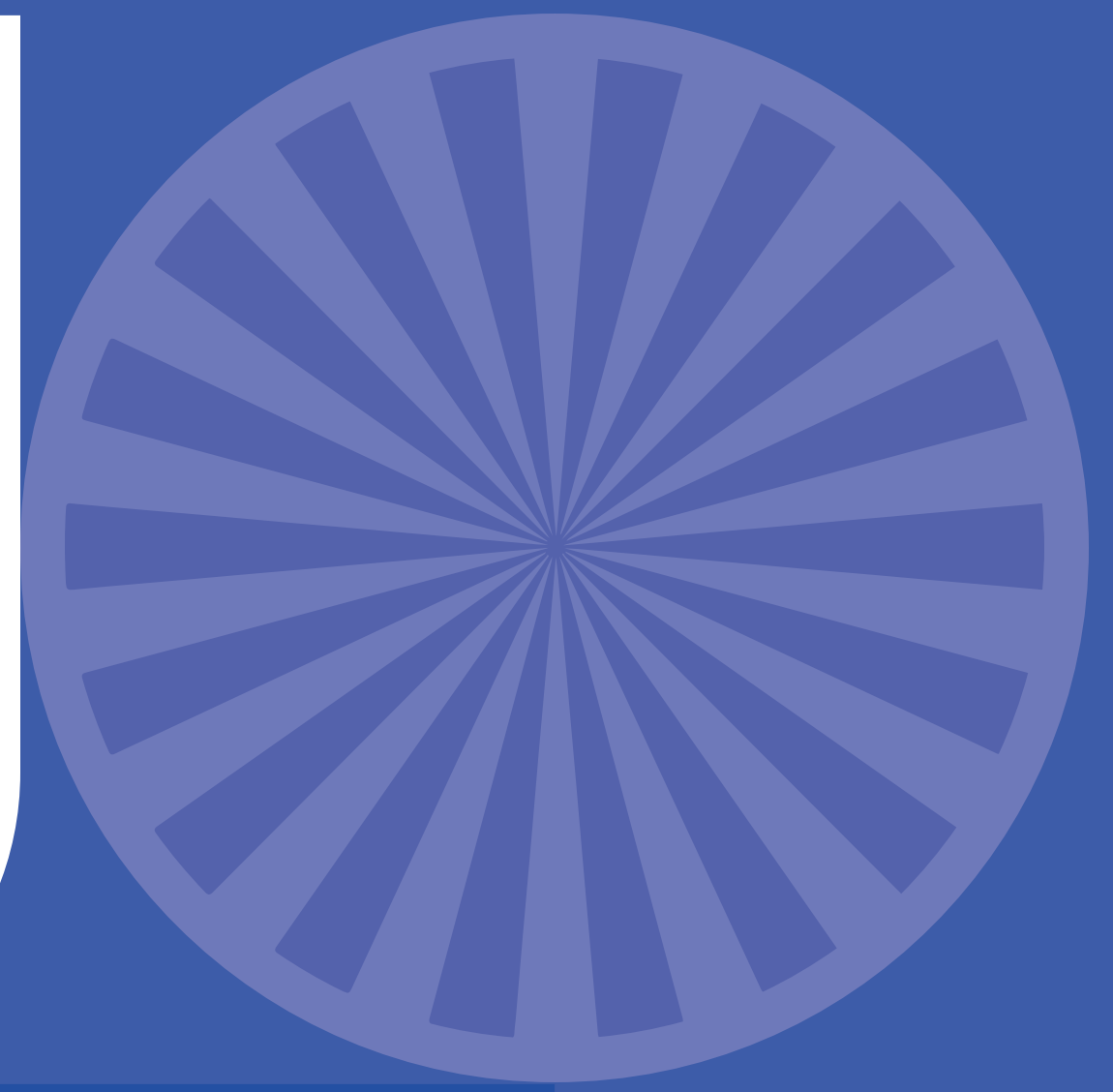


Do you remember a *positive*
experience or relationship
from *your own childhood*?
What made it *feel* so good?



Now think about how you can
bring similar experiences to kids in
your life or in your community.

The impacts of adversity on children
and teens can be reduced with
positive experiences we create for
them. These can be nurturing
relationships, participating in culture
and community, and learning skills
to cope with challenges.



Whether you're that auntie, grandpa, mentor,
teacher, or coach — we all play a role in healing
and supporting a healthier generation of young
people. Visit livebeyondCA.org/stories to hear
tips from parents, caregivers, and youth from
across the state.

