

YOUTH CONNECT 5

Supporting the emotional
wellbeing of young people

What resources and
services are there out there
for me to use?

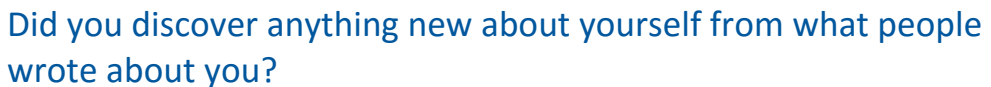
Am I feeling more resilient?

How do I make the most
of my strengths?

What are my strengths?

What have I learned so far?

Session 5

The logo for Youth Connect 5, featuring the words "YOUTH" and "CONNECT" in blue, stacked vertically, followed by a large, stylized number "5" composed of five colored segments (red, green, blue, orange, and yellow).[illegible]

If you were a superhero, which one would you be and why?

I would be:

What about your child? Which superhero could they be? What are their strengths?



Past

Future



Present