

— The HeartSmart High Five —



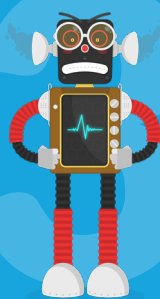
Don't Forget To Let Love In!

Learning how important,
valued and loved we are.



Too Much Selfie Isn't Healthy!

Exploring the importance
of others and how to
love them well.



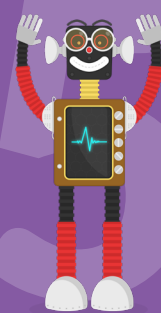
Don't Hold on to What's Wrong!

Understanding how to
process negative emotion
and choose forgiveness
to restore relationships.



Fake Is A Mistake!

Unpacking how to bravely
communicate truth and
be proud of who we are.



'No Way Through,' Isn't True!

Knowing there is a
way through every
situation, no matter how
impossible it may seem.