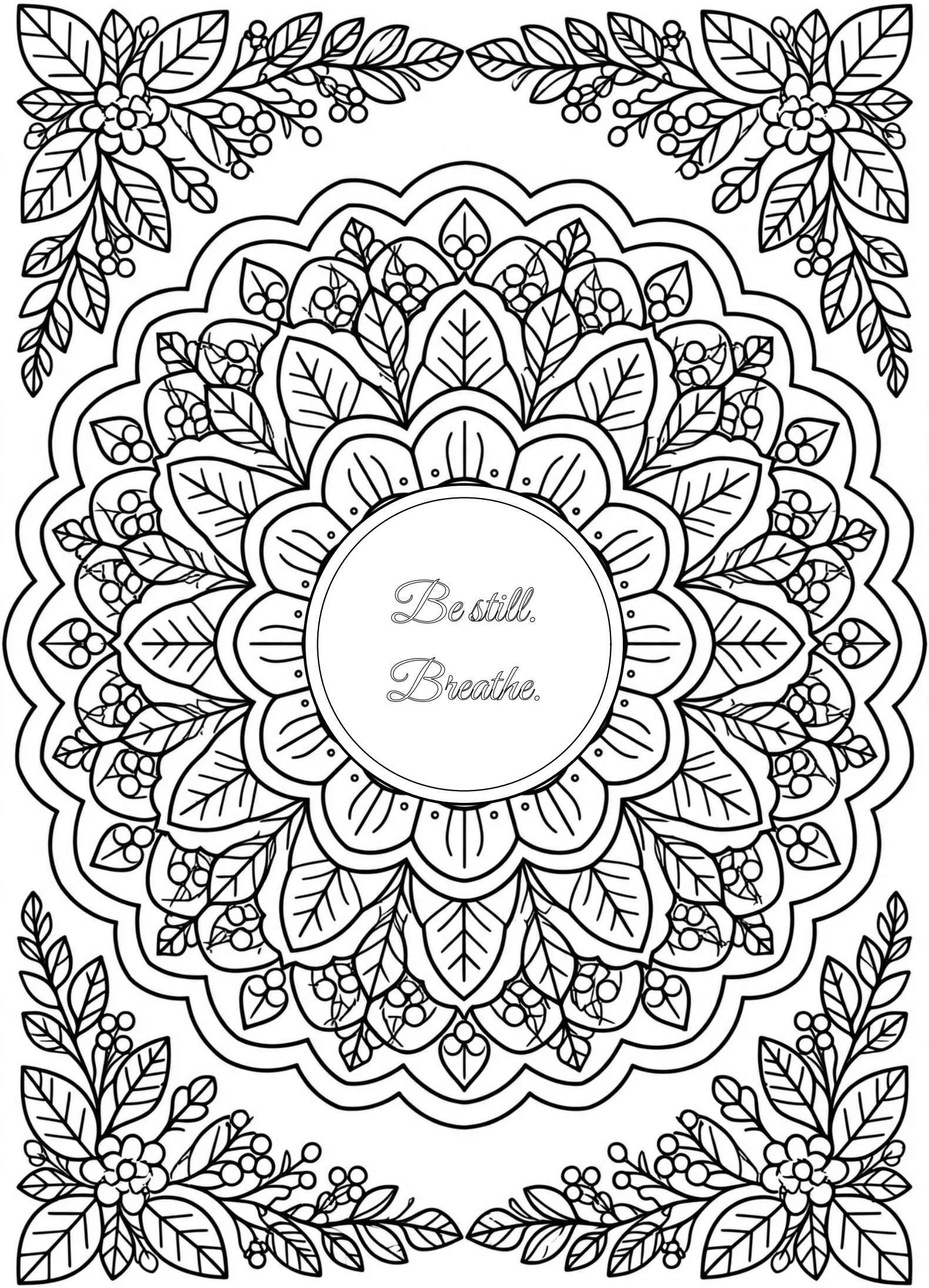
COLORING BOOK

The Care

Find peace and calm as you color your way to a quieter mind.


Be still.
Breathe.

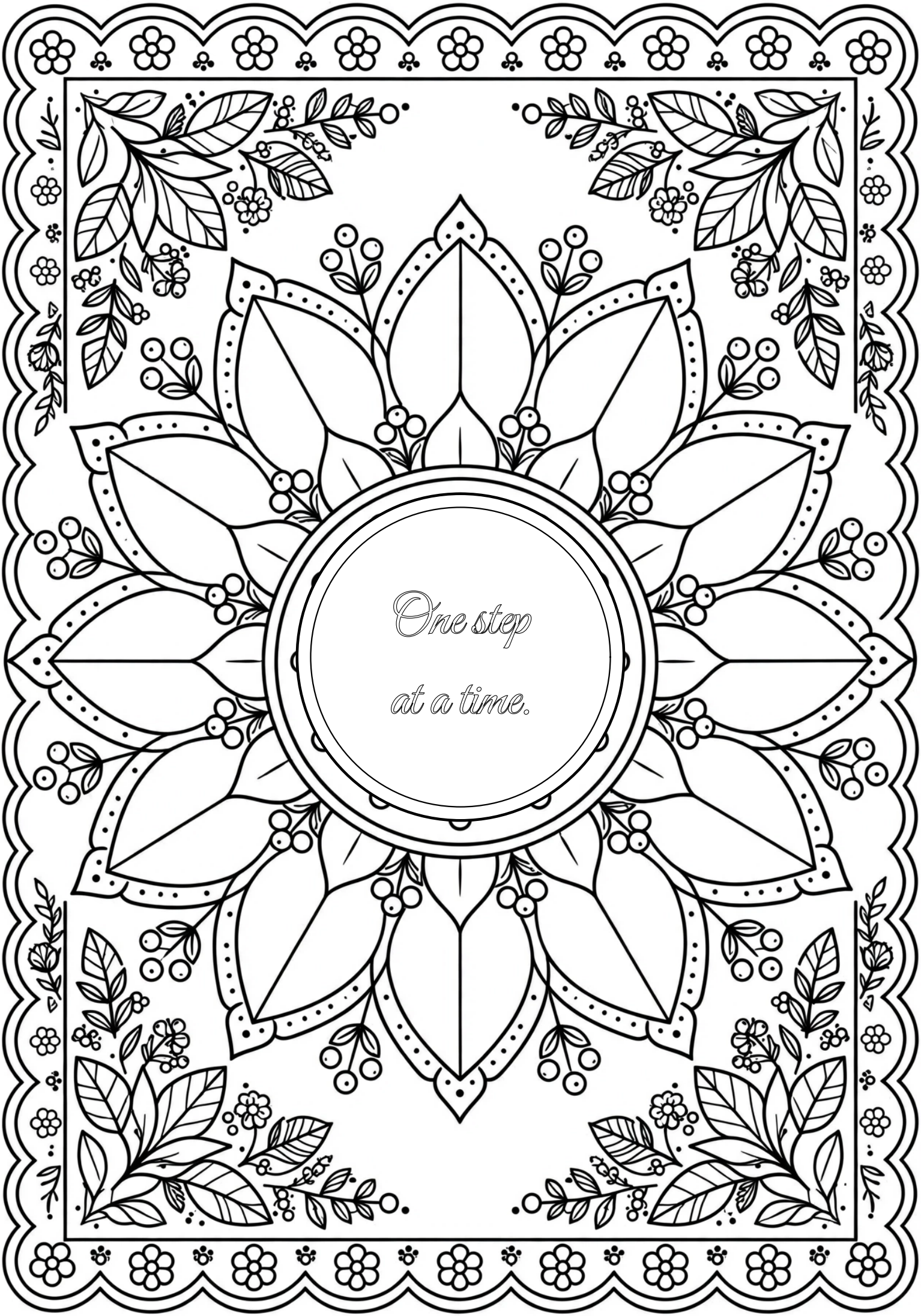

This moment is
enough.


Breathe

You are

stronger

than you think.

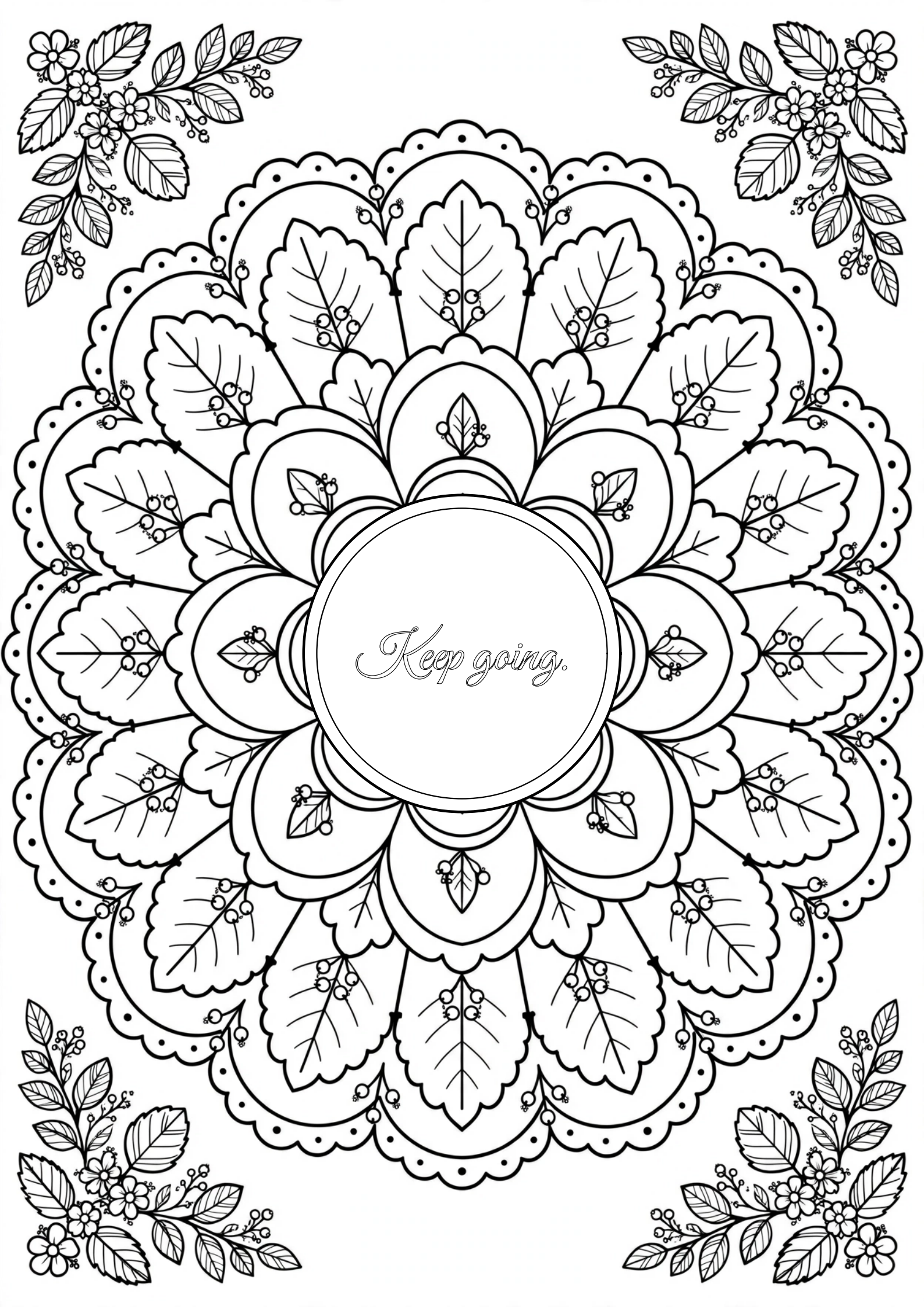

One step
at a time.


Trust
Yourself


Tomorrow is
a new page.


Light
always finds a way in.


Hope


Keep going.

You have

survived

every hard day so far.


Rest is also
Progress