## Weekly Param Team Newsletter





IT'S OK TO
DISAPPEAR UNTIL
YOU FEEL
LIKE YOU AGAIN



Dearme,

I know you are scared, but you can handle this.

Love, me



EVERYONE IS STILL HEALING FROM THINGS THEY DON'T

SPEAK ABOUT

BE KIND.

## **SELF CARE**







Empty isn't bad. The usefulness of a cup is it's emptiness.



You have 2 hands - one for helping yourself and one for helping others.

Read more at www.paraminnovation.org/newsletter