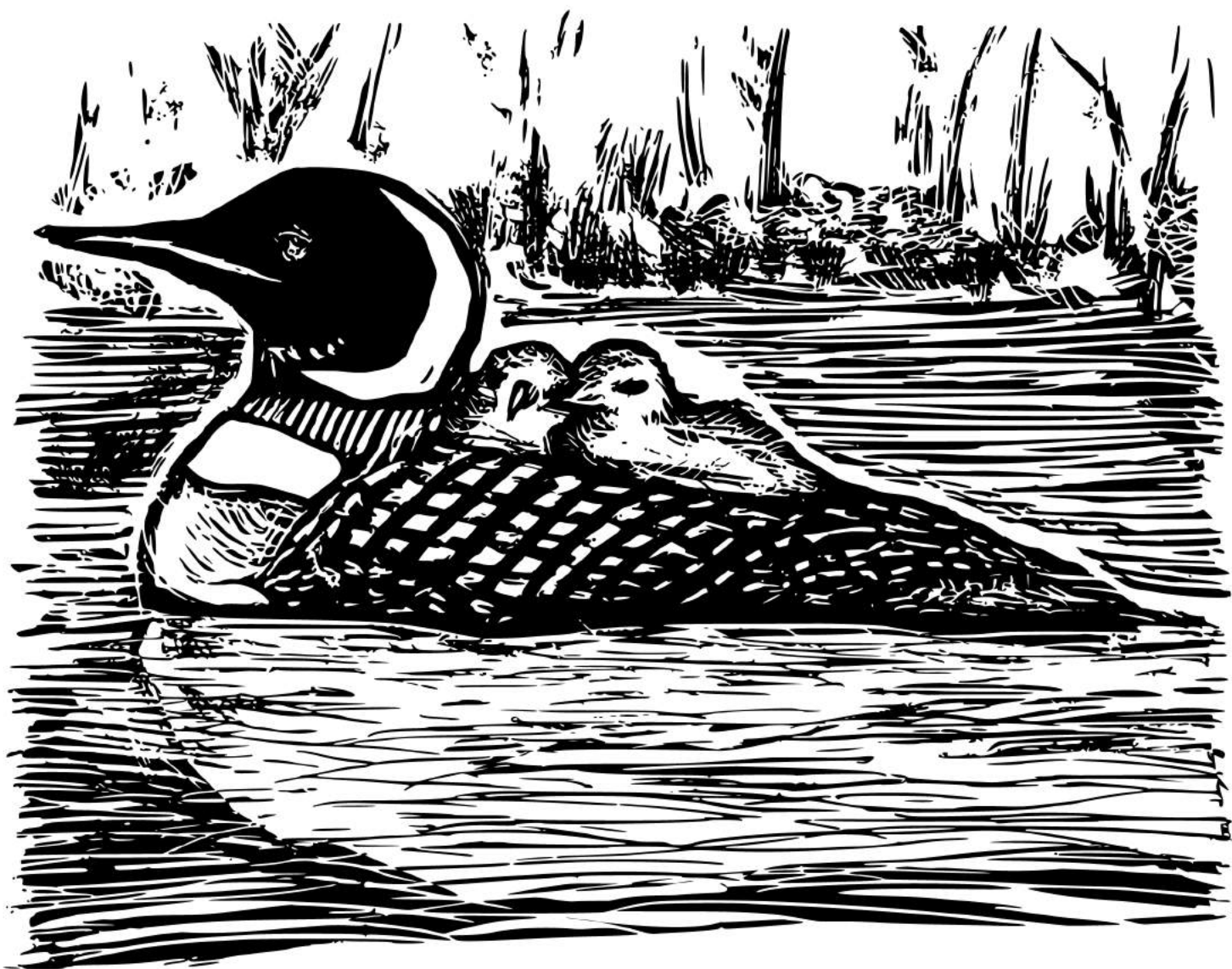




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Support those  
most vulnerable



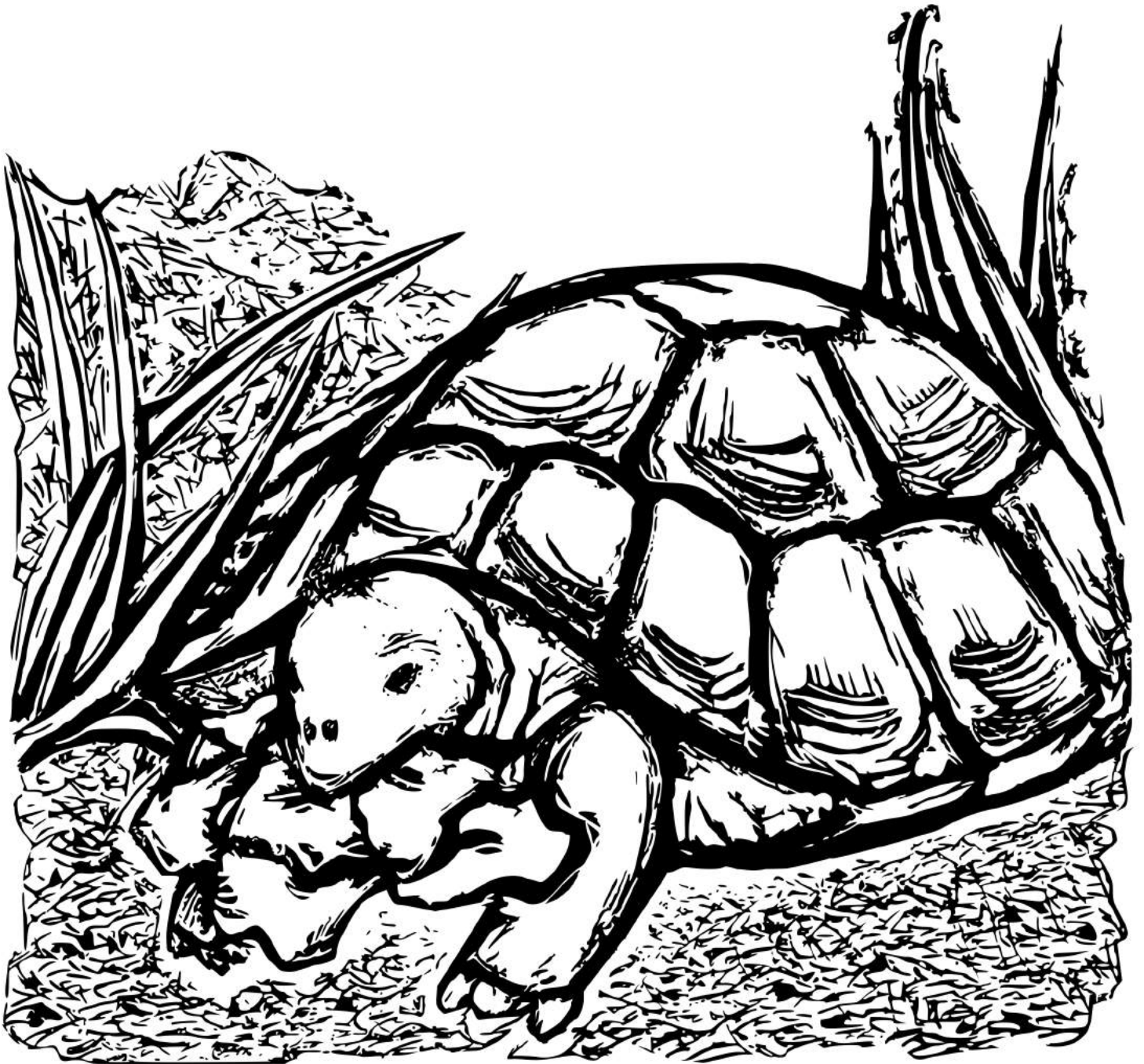


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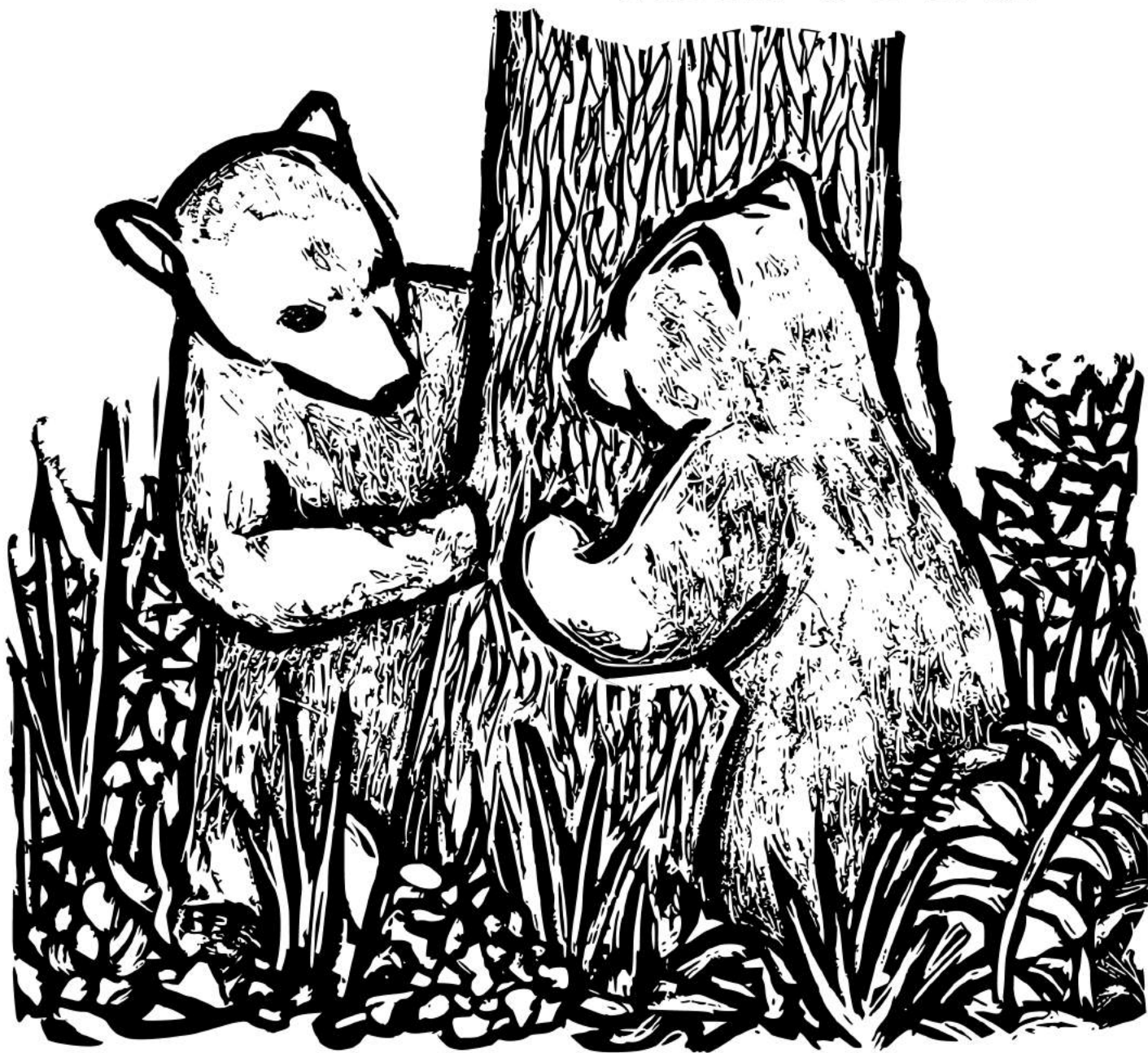


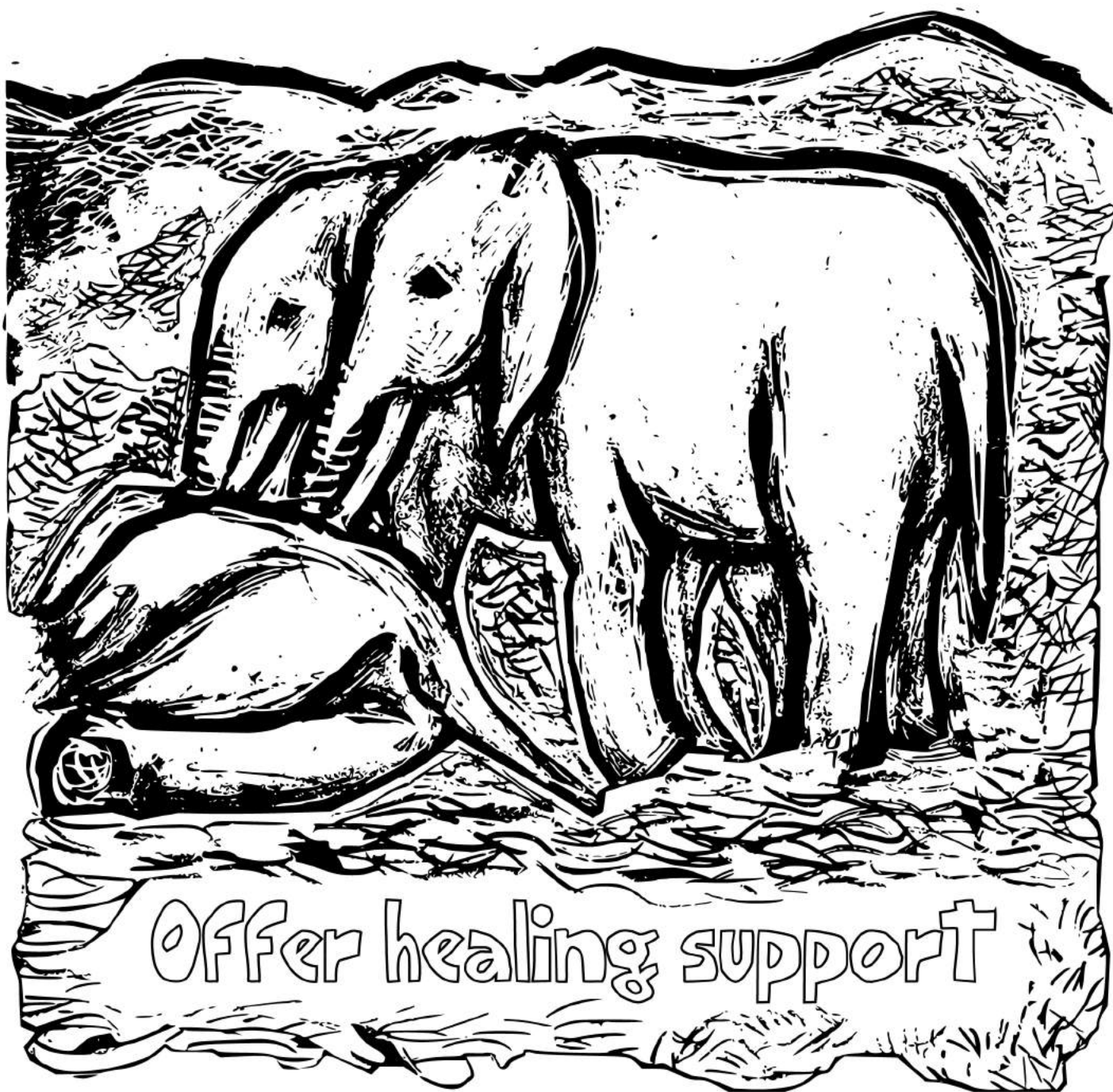


# Spread calm



# Check in with each other





# Rest







# Accept your feelings

# Organize for a better future

