

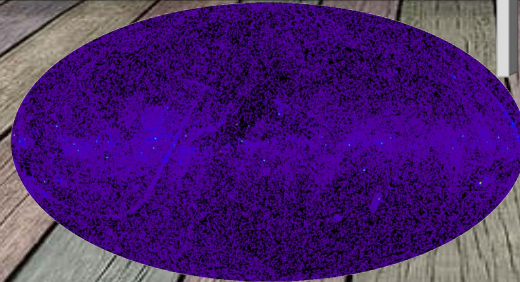


Helpful  
Resources

Relax  
Renew  
Refresh



TRI-STATE  
FOOD BANK







# COLLEGE & CAREER READINESS

All Day  
Every Day

Attendance  
Matters



Downs Page  
Partnership  
for Children



www.dspc.org



## Interests Assessment

See what careers match your **interests**! It only takes a few minutes! Tell us about your interests and we'll match you with over 750 careers.



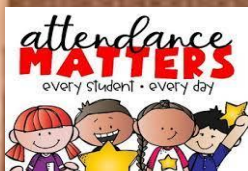
**BOYS & GIRLS CLUB**  
OF EVANSVILLE

## Stress less.

1. Focus on what you can control.
2. Go for a walk.
3. Color.
4. Talk about it.
5. Breathe.
6. Look for opportunities in life's challenges.
7. Dance out.
8. Treat yourself.
9. Reminisce about good times.
10. Ask for a hug.
11. Go to bed earlier.
12. Smile.







Submit a  
Report

