



**BounceBack<sup>®</sup>**  
reclaim your health

[www.bouncebackmb.ca](http://www.bouncebackmb.ca)

**RESOURCE  
CATALOGUE**



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# ONE PAGERS

Information sheets to provide to those who are interested in BounceBack

[BounceBack Informational One Pager](#) – General

[BounceBack Informational One Pager](#) – Adults

[BounceBack Informational One Pager](#) – Youth





# POSTERS

To display in your space to help promote BounceBack to individuals who might benefit from the program.

BounceBack Poster – Adults

BounceBack Poster – Youth





# WORKBOOK DESCRIPTIONS

[BounceBack Workbook Description](#) – Adults

[BounceBack For Youth Workbook Description](#) – Youth







# PROMO CARDS

BounceBack Promo Card – Adults

BounceBack Promo Card – Youth



# TIP SHEETS

Helpful tips and resources for individuals

[Social Media Tip Sheet](#)

[Anxiety Tip Sheet](#)

[Study Tip Sheet](#)





# PRACTITIONER RESOURCES

[Practitioner Guide](#)

[Referral Form](#)





# HANDOUTS

New Parents Handout

Substance Use Handout

Chronic Pain Hanout



# FOR MORE INFORMATION

Contact Us!

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