... BounceBack ® reclaim your health

RESOURCE CATALOGUE

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ONE PAGERS

Information sheets to provide to those who are interested in BounceBack

<u>BounceBack Informational One Pager</u> - General

<u>BounceBack Informational One Pager</u> - Adults

BounceBack Informational One Pager - Youth



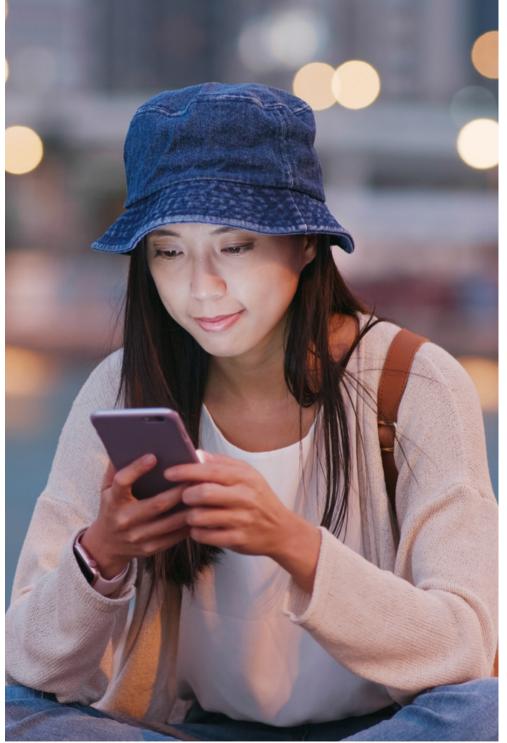
POSTERS

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

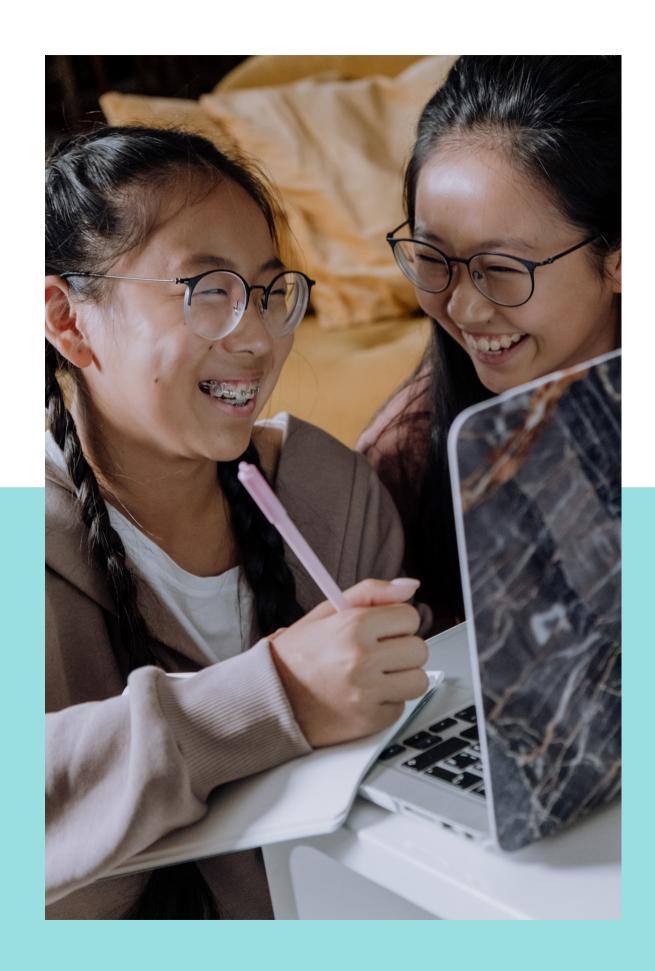
TIP SHEETS

Helpful tips and resources for individuals

Social Media Tip Sheet

Anxiety Tip Sheet

Study Tip Sheet



PRACTITIONER RESOURCES

Practitioner Guide

Referral Form



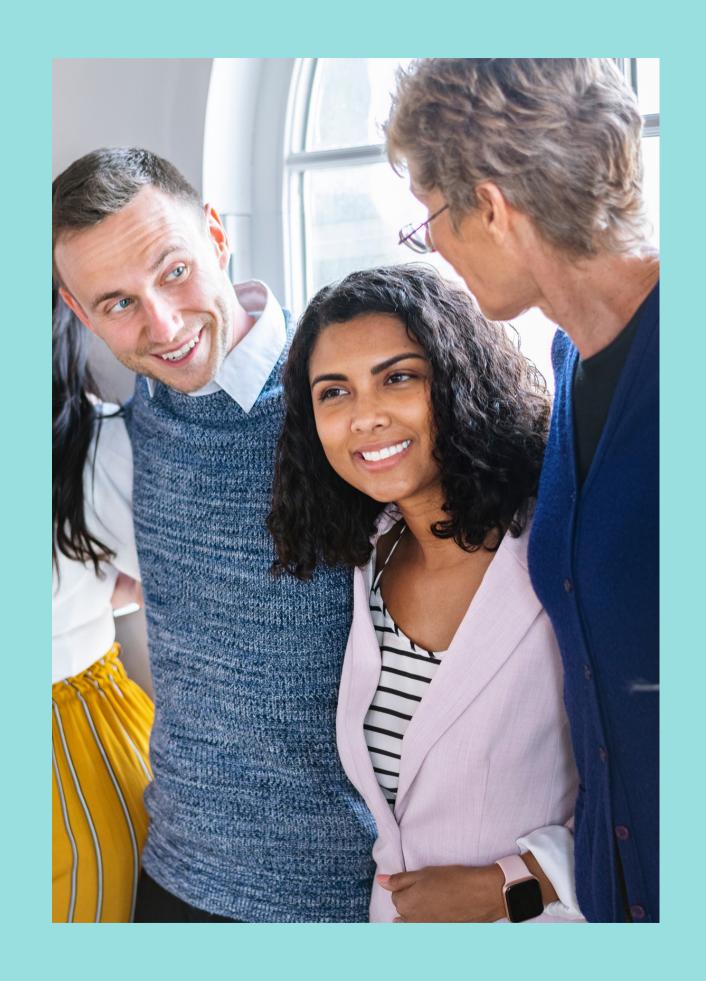


HANDOUTS

New Parents Handout

Substance Use Handout

Chronic Pain Hanout



FOR MORE INFORMATION

Contact Us!

www.bouncebackmb.ca

1-844-733-8181

bounceback@cmhawpg.mb.ca

Shelby Davidson - Program Manager