



Dr. Compass Coloring Book

"It's okay to feel nervous. We'll take
this one step at a time."



"You're doing a great job being brave."



"Your body is amazing, and I'm here to help you stay healthy and strong."



"I'm right here with you—you're safe."



"talking about your feelings
helps you feel better."



"Healthy bodies help us do the things we love."



you are →
BRAVER
than you believe
STRONGER
than you seem
SMARTER
than you think
AND LOVED
more than you know



Complimentary Coloring Book
Compass Health Network
844.853.8937
compasshealthnetwork.org



[facebook.com/CompassHealthNewtork](https://www.facebook.com/CompassHealthNewtork)



@CompassHN