GETTING TO KNOW YOU BETTER
Stress & Supports

What is your favorite way to relax at home?

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What “creature comforts” do you love to indulge in?

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What activities/hobbies do you do at home?

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What is most important to you about connecting with others?

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Person-centered information is all around us! 😊
For resources, tips, questions, or simply to connect – visit us at OregonISP.org!