

How We're Taking a Break



@humberlgbtq

Me: Ugh I wish there were more LGBTQ+ representation in media

me writing my homebrew world:



Click here to try a playlist created in our Drop-in Program!



We've been cooking...

Browned Butter Chocolate Cookies



Click here to try it!

- Matthew Travill

We've been watching...

Call Me By Your Name

- Rishabh



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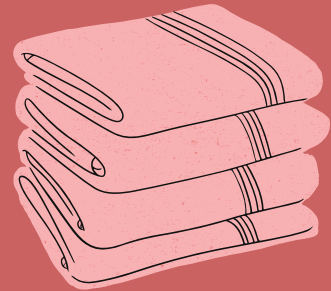
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Tips for Self-Care + Wellness

- Go for a walk
- Take a relaxing bath
- Start a bullet journal
- Practice positive affirmations
- Meditation and/or yoga
- Catch up with friends and family
- Declutter or clean your space
- Drink water!



You are not alone!



Mental Health Resources

- [Click here](#) for Humber's Health & Counselling
- [Click here](#) for Queer Health Resources in Toronto
- [Click here](#) for Queer Mental Health Resources and information

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We've been reading...

Cemetery Boys

By Aiden Thomas

- Anthony



We've been using our FREE subscription to



[Click here](#) to register!

Courtesy of [@shareignite](#)

What's been inspiring us...

"You can only become truly accomplished at something you love. Don't make money your goal. Instead pursue the things you love doing and then do them so well that people can't take their eyes off of you."

- Maya Angelou

We've been colouring...
[Click here](#) to try this colouring book!



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Our Wellness Tip!

"Digital Detox on weekends. I try to stay as far away from my cell phone as possible on the weekends to engage in "real world" activities like going for walks, reading, and this has helped me reconnect with myself a bit more."

- Polly S

What We're Grateful For

- Health
- Friends and Family
- Education
- Pets
- Music & Literature

What are YOU grateful for?



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