

Negatives can become positives!

It would be an understatement to say that 2020 has been incredibly challenging. But even when things are feeling hopeless, we can often find strength and new directions if we think creatively. Perhaps you've spent more time with your family, reconnected with a friend or baked the best banana bread in the Western hemisphere.

“Many young people will have found new career options, new friendships and new hobbies as a result of COVID-19 - if you look for positives, you will find them”, says Dr. Green.



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