

WEATHER THE STORM

IDIOM: TO ENDURE A PERIOD OF HARDSHIP OR DISORDER, TO SURVIVE A DIFFICULT SITUATION WITHOUT BEING SERIOUSLY HARMED FROM IT.

We watch the weather then plan accordingly . . .

We plan to avoid rain, snow, ice, and wind . . .

We plan for tools to keep us safe and dry . . .

And when disaster looms, we plan for protection . . .

**Shouldn't we do the same then when the storms that
rage are in the hearts and the minds of those we love?
Or when we see the brewing signs within ourselves?**

**WITH HELP, YOU CAN WEATHER THE STORM.
OR BE THE MEANS OF HELPING OTHERS TO.**



DEPRESSION AWARENESS