



## ***FOOD FOR THOUGHTS***

By Red Lodge Fire Rescue's  
Community Care Team

# MONDAY MORNING HELLO



*Giving welcoming hugs and healthy snacks*



Connection  
To a  
Caring adult

# Informal Counseling

Offering  
encouragement  
in a relaxed  
setting



# Providing Emotional Support



With good food and lots of smiles and laughter

# Supporting Our Future

**In Body**



**Mind  
and  
Spirit**

*Food for Thoughts* project: Red Lodge High School