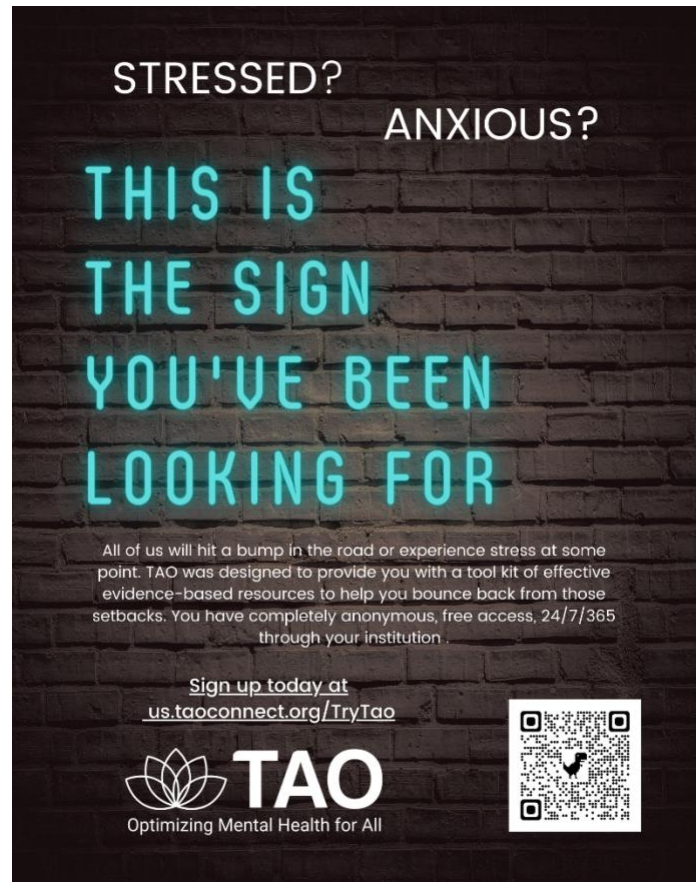


**Posters:**



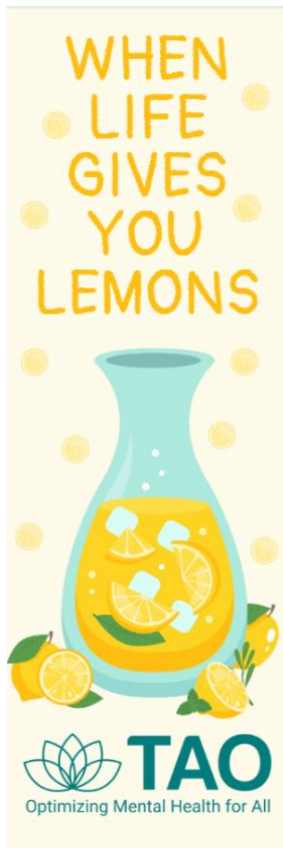
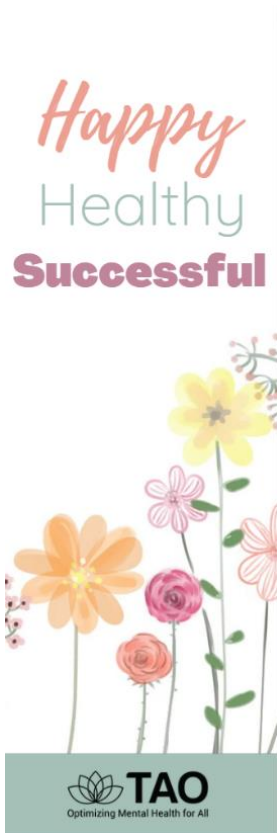
[Feelings Poster 8.5x11](#)

[Feelings Poster 11x17](#)

[This is the sign -Stressed?](#)

**Bookmarks - These designs allow you to customize the back(s) to direct your learners to TRY TAO or if they need to talk, to come to the counseling center.**

**These are great library and tabling handouts.**



[Just Breathe V1](#)

[Just Breath v2](#)

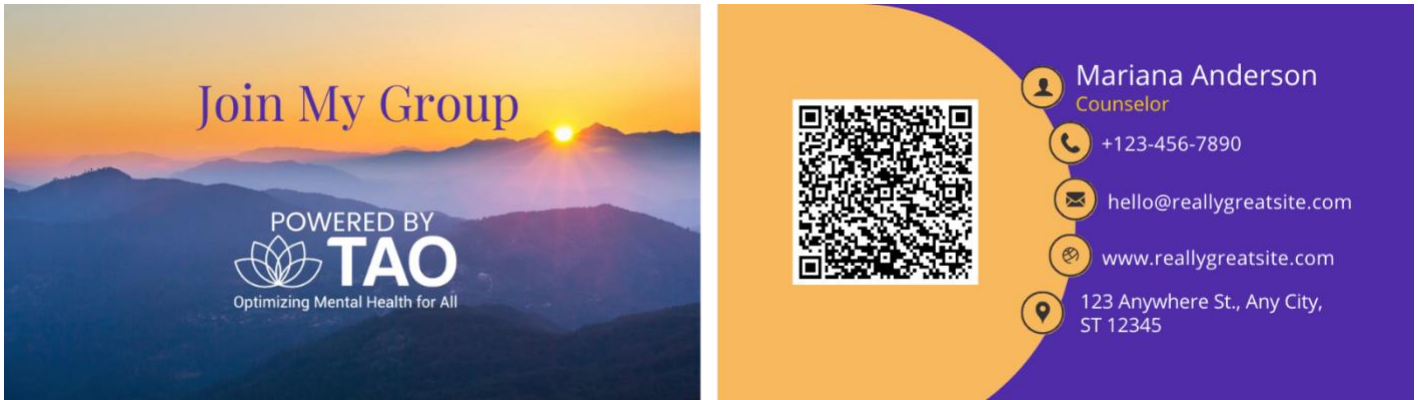
[You are enough](#)

[Happy Healthy Successful](#)

[Lemons](#)

[Mental Health Priority](#)

**Business Cards for Providers – Use the providers group access link on the card to have your clients self-enroll in your client group and be ready for your first meeting.**



[3.5x2 Business Cards \(English\)](#)

[3.5x2 Business Cards \(French\)](#)

## MORE POSTERS:

The following posters are linked by the QR code to the “TRY TAO” ( <https://www.taoconnect.org/trytao/>) page which has example sessions and a mindfulness exercise for an interested person to review and then they can sign in or create a new account here with their institutional email address. This QR code works for US and Canadian clients and is resizable in Canva if you would like a different size.



### 11x17 Posters English



### 11x17 Posters French