

Deadly Goals

How important are the 4Cs for you? (Country, Culture, Community, Connection)

How confident are you in your understanding of the Country? Culture? Community? Connection?

How important do you think the 4Cs are in your recovery journey?

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'This week I will honour my Country, my family and myself'

'I am proud of my culture and myself'

'This week I will model my best behaviours for my family and my community'

'I am strong and resilient'

'This week I will stay connected to Country, my culture and my community'