



## Well-being in your group and community



What does well-being mean to you?

How does your group and community support your well-being?

What else could your group and community do to support your well-being?

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**Comisiynydd  
Plant Cymru**  
Children's  
Commissioner  
for Wales

Does every member of your group have a chance to share their views?

Does every member of your group know who they can speak to if they have a problem or are feeling troubled?

