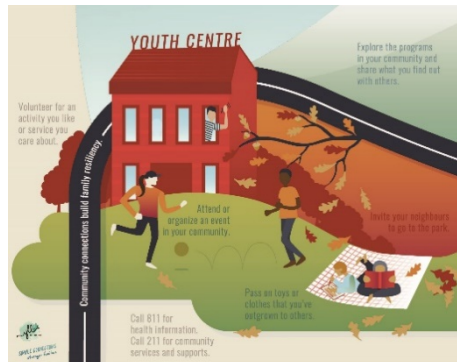


SIMPLE CONNECTIONS stronger families

Community Connections build family resiliency.



Nowadays, families have become quite separate from society. They are seen as independent units and expected to take care of themselves. But forming and relying on connections outside your immediate and extended family will help you be even stronger.

Community connections provide practical assistance, emotional support and connection to others.

Recognize when your family could use a helping hand and make use of your network and community resources. Then give back. By helping to make your community safe and satisfying for children, you are helping them develop resiliency.

Here are some more ideas for building your family's connections to your community:

Get involved. Volunteering for and participating in community events adds a sense of belonging and appreciation for your community. It also provides opportunities to make new friends. There are many benefits to your wellbeing to helping others and contributing to something outside yourself.

Get help when you need it. Many communities have a range of supports and resources to help for a range of situations and issues. Look up your local community centre and share what you discover with others. Fight the urge to withdraw when things get hard.

Connect with others. When you get out and about in your community, you meet people you may not have otherwise. You may find you have lots in common with others.

For tips on how to build your family's community connection and to learn more about resources in your community, check out the Simple Connections, Stronger Families resources on YllMyHome.com



www.YLLMYHOME.com



www.AHS.ca/amh



SIMPLE CONNECTIONS stronger families

Community Connections build family resiliency.



Take a few minutes to explore the simple ideas and check off the things that your family is already doing; add your own ideas or make a list of things you would like to do.

Celebrate (✓) the simple things you already do to build resiliency:

- Volunteer for an activity you like or service you care about.
- Attend or organize an event in your community.
- Call 811 for health information. Call 211 for community services and supports.
- Explore the programs in your community and share what you find out with others.
- Invite your neighbours to go to the park.
- Pass on toys or clothes that you've outgrown to others.

Our family ideas: Simple things we do:

- _____
- _____
- _____

Simple things we plan to do:

- _____
- _____
- _____

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