ACTIVITY BOOKLET

SIMPLE CONNECTIONS
stronger families

YOUTH CENTRE

Explore the programs in your community and share what you find out with others.

Volunteer for an activity you like or service you care about.

Community connections build family resiliency.

Attend or organize an event in your community.

Invite your neighbours to go to the park.

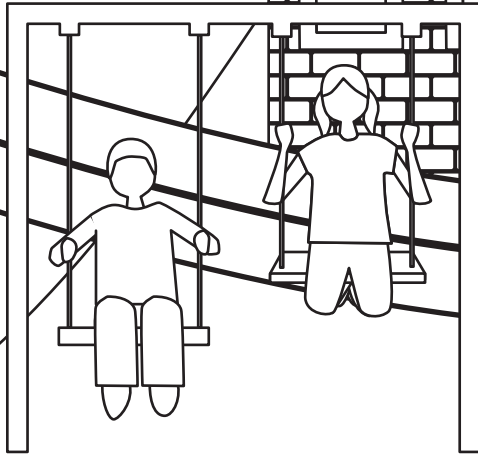Pass on toys or clothes that you've outgrown to others.

Call 811 for health information.
Call 211 for community services and supports.
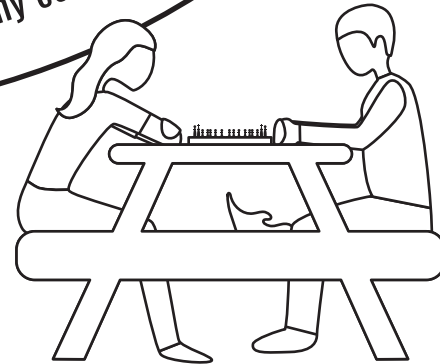
MY HOME

SIMPLE CONNECTIONS
stronger families

Explain the situation so everyone understands and knows what to expect.

Talk about problems and brainstorm solutions together.

When times are busy, use a car ride to talk.

Healthy communication builds family resiliency.

Laughing together is a great way to feel close.

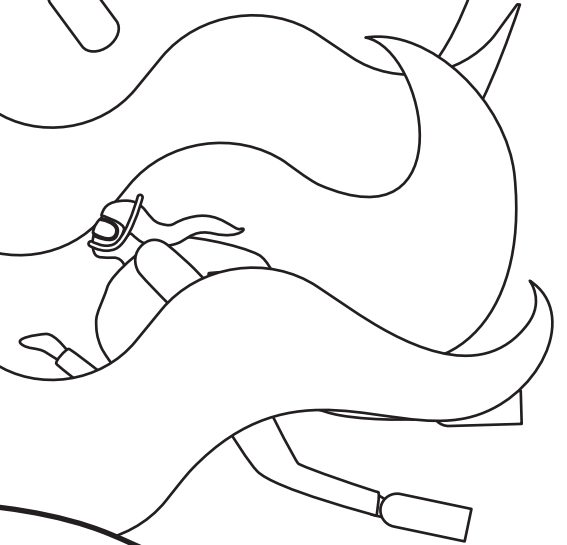A hug may be more powerful than words.

Listen with understanding and empathy.

MY HOME

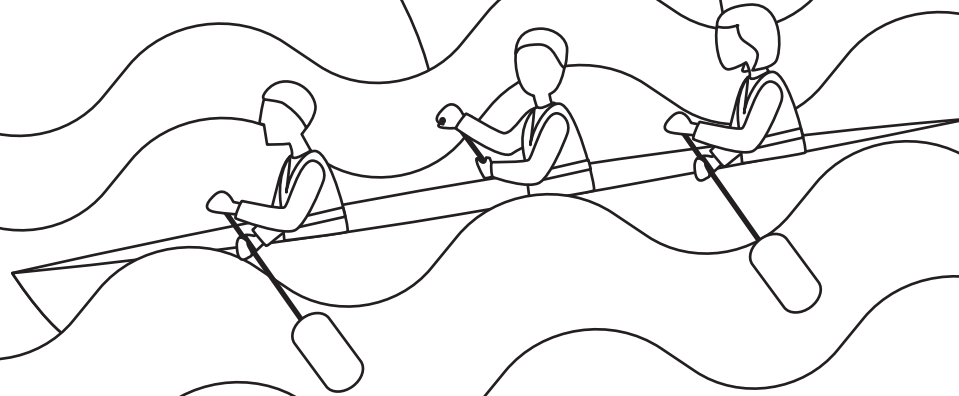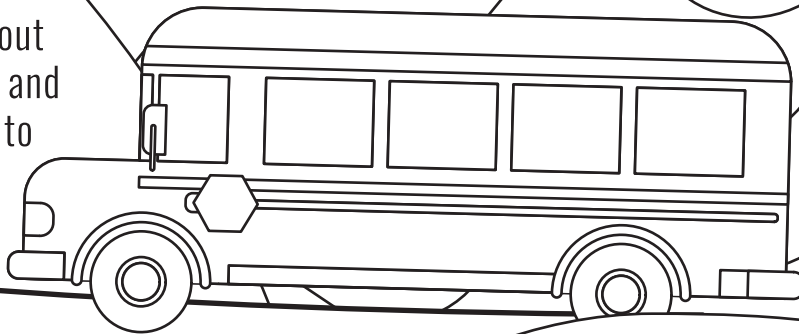SIMPLE CONNECTIONS
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Work together as a team to make decisions.

Celebrate good news together.

It's ok to disagree. Be kind and respectful when you do.

Be honest about your feelings and listen openly to each other.

Positive, healthy relationships

build family resiliency.

Show love and affection in the ways your partner likes.

Take interest in the things your partner enjoys or try something new together.

MY HOME

SIMPLE CONNECTIONS
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Eat together as a family whenever you can.

Play a game together instead of watching a movie.

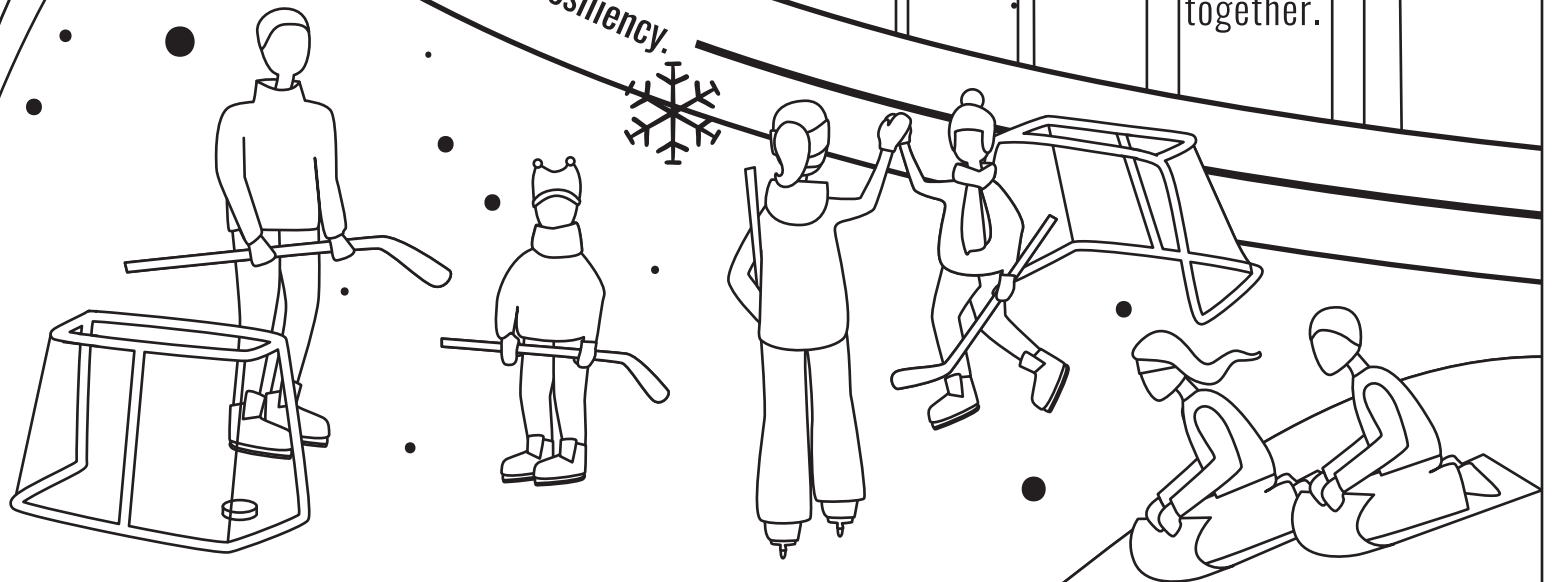Take turns planning a weekend family activity.

Learn about your family's culture and traditions and practice them often.

Daily rituals like bedtime stories are comforting.

COMMUNIPLEX

A sense of togetherness builds family resiliency.

Take time to relax together.

MY HOME

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Take 3 deep breaths to help manage strong emotions.

Say hello to each person you pass today.

Write down 3 things you are grateful for.

Take a 10 minute walk every day.

Do something for yourself today.

HEALTH CENTRE

Taking care of yourself helps your family be resilient.

Be kind to yourself.

MY HOME

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Families provide a source of comfort and security.

All families are unique and will cope differently with challenges.

Family resiliency is your family's ability to cope with life's challenges and to bounce forward from difficult times.

Relationships with caring, supportive people are important for your family's well-being.

LIBRARY
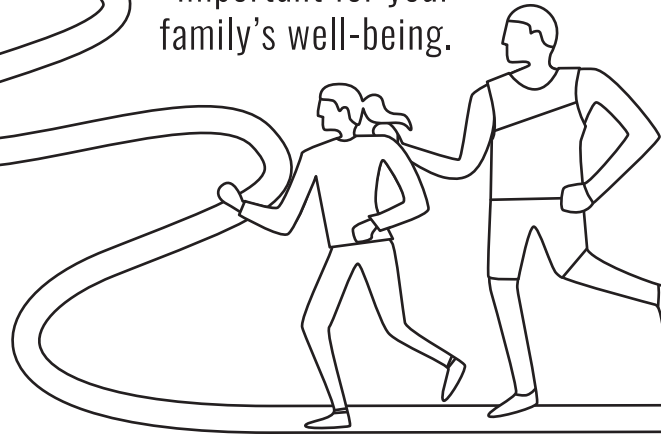
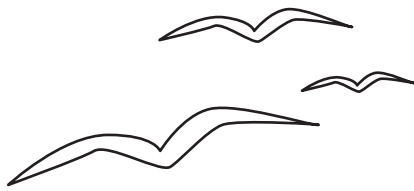What are your family's strengths? Nurture them to help your family thrive.

Every family has problems. Getting through them together makes your family stronger.

A family is two or more people who depend on one another. Pets count too!

MY HOME

SIMPLE CONNECTIONS
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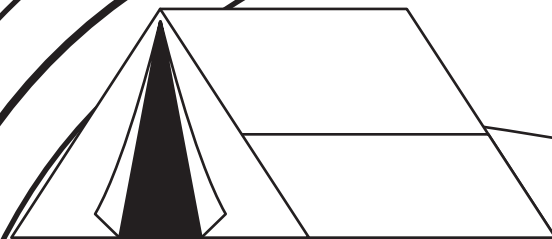Be part of your child's activities and school community.

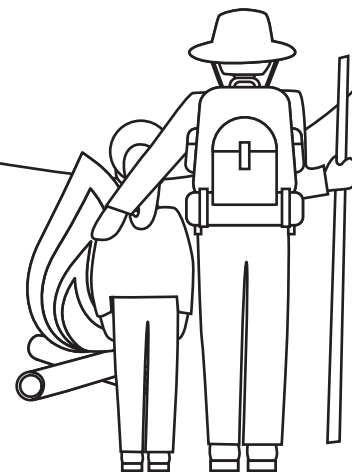Celebrate the small, good things that happen each day.
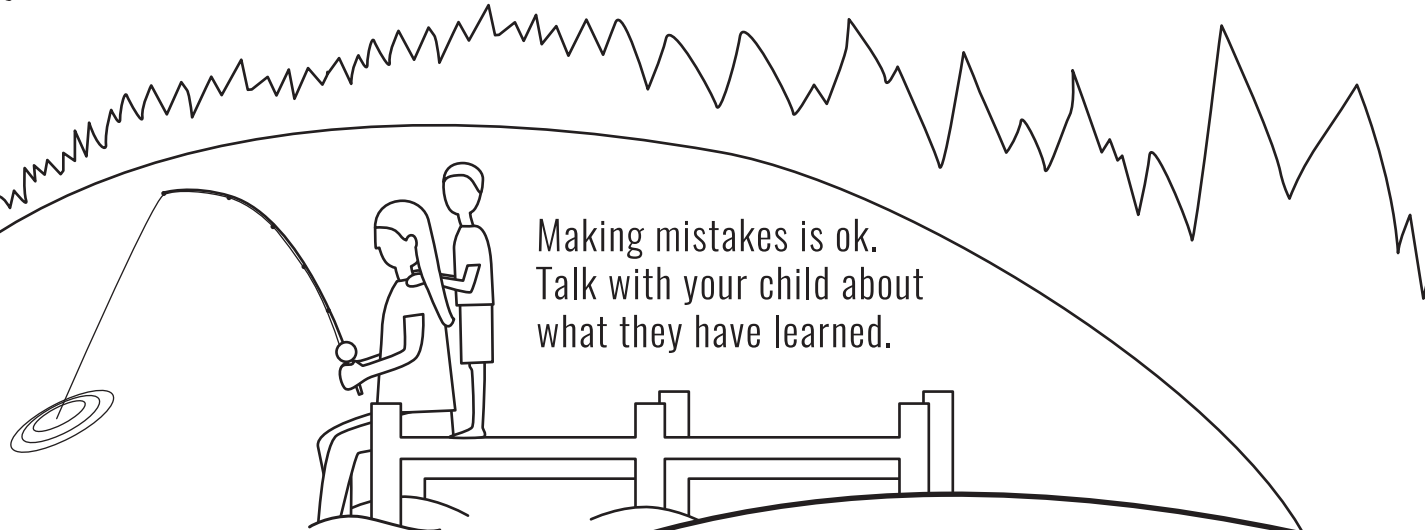
Making mistakes is ok. Talk with your child about what they have learned.

Positive parenting builds family resiliency.

Help your child understand and express their emotions.

Decide on rules and consequences and stick to them.

Apologize when you are wrong.

MY HOME

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Find creative ways to
connect with family
(call - skype - facetime -
social media - visit).

HOME SWEET HOME

Be a
cheerleader
for the
children
in your
extended
family.

It is a sign of strength to
ask for and accept help.

Ask your family elders to
share their life stories.

Create a family
photo album together.

family's resiliency.

Connections to extended family builds your

Plan events for the
whole family to celebrate.

MY HOME

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