

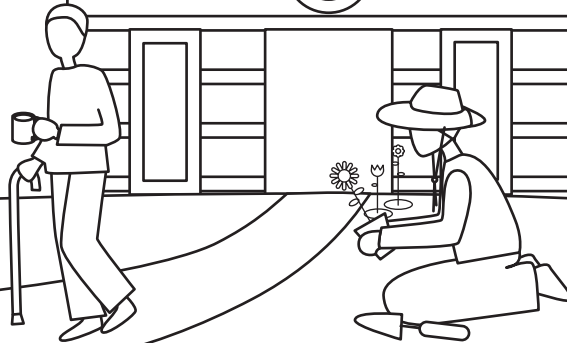
SIMPLE CONNECTIONS
stronger families



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

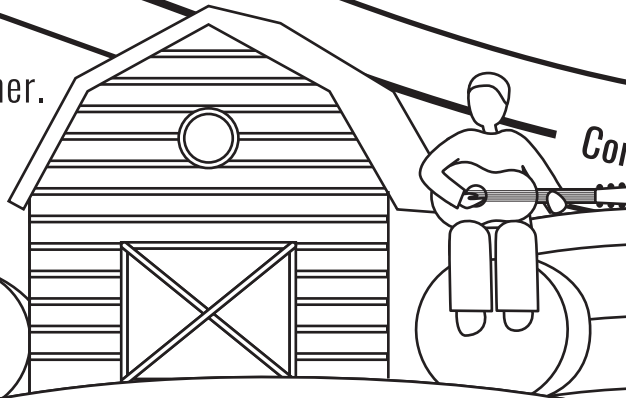
HOME SWEET HOME

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



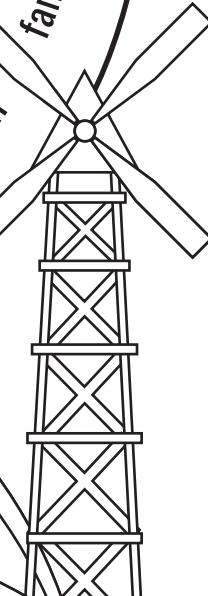
Ask your family elders to share their life stories.

Create a family photo album together.



Plan events for the whole family to celebrate.

Connections to extended family builds your



family's resiliency.

Be a cheerleader for the children in your extended family.