

SIMPLE CONNECTIONS stronger families

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



Our families are important to us. We look to our families for love, encouragement and fun and we rely on our families when times are tough. Our families shape us as we grow. They are who we spend our lives with.

There is no denying that our families have a huge impact on our lives. So why not make your family as strong and resilient as possible? Resilient families are better able to cope with life's challenges and provide the conditions people need to flourish and grow into healthy individuals.

Resiliency is a concept usually used to describe a person's ability to bounce forward after experiencing something stressful. But families can also be resilient. Research has shown that families who have gone through hardships don't just survive, they grow – they are stronger, more loving, have a sense of purpose and are better able to cope with future challenges.

All families are unique, will face different challenges and rely on different strengths to cope with them. But there are some things all families can work on to be stronger like communicating in healthy ways, having a sense of togetherness, a positive parenting style, strong partner relationships and connections to your extended family and community.

It's important to remember that families come in all shapes and sizes. No matter your family's size, make-up, culture, or background, you can become more resilient.

Simple Connections, Stronger Families gives your family all the information and encouragement you need to take action. You have the power to become strong and healthy just by being a family.



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Simple Connections, Stronger Families encourages families to explore ways they can build their resiliency. Take the journey through the “heart of community” and explore each of the messages along the pathway, these messages are “protective factors”. You will discover 6 ideas around each factor that are examples of simple things you can do to build resilience.

Find all 8 messages and check out the simple ideas. Create your own ideas on ways your family will build resiliency or make a list of things you already do and help it grow.

- A family is two or more people who depend on one another. Pets count too!
- Families provide a source of comfort and security.
- All families are unique and will cope differently with challenges.
- Relationships with caring, supportive people are important for your family's well-being.
- Every family has problems. Getting through them together makes your family stronger.
- What are your family's strengths? Nurture them to help your family thrive.
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Connect with yllmyhome.com to check out all of the initiatives that support the vision of “Creating a community where kids can grow up great. Every Kid. Every Day.”



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