

Families provide a source of comfort and security.

SIMPLE CONNECTIONS
stronger families

Yell
BY HOME
www.YLLMYHOME.com

Alberta Health Services
www.AHS.ca/amh

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.

LIBRARY

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

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

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

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

