

Eat together as a family whenever you can.

Play a game together instead of watching a movie.

Take turns planning a weekend family activity.

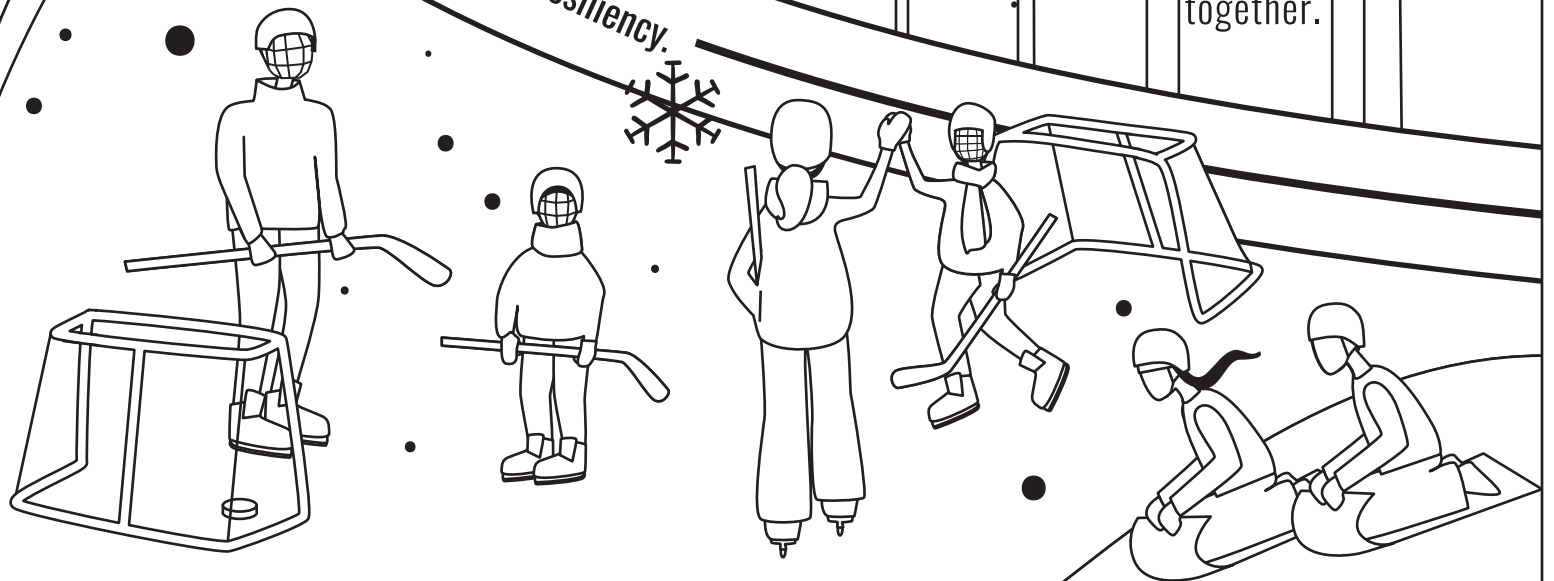
Learn about your family's culture and traditions and practice them often.

Daily rituals like bedtime stories are comforting.

COMMUNIPLEX

A sense of togetherness builds family resiliency.

Take time to relax together.



SIMPLE CONNECTIONS
stronger families

