



Alberta Health
Services



Build Positive Relationships Express CARE

Show me that you like me and want the best for me

- Be Present - Pay attention when you are with me.
- Be Warm - Let me know that you like being with me and express positive feelings toward me.
- Invest - Commit time and energy to doing things for and with me.
- Show Interest - Make it a priority to understand who I am and what I care about.
- Be Dependable - Be someone I can count on and trust.

MORE RESOURCES

<http://keepconnected.searchinstitute.org/strengthen-your-family-relationships/>

Happy
Holidays!