

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

A family is two or more people who depend on one another.

Each family has its own challenges and strengths; there are some things all families can work on to build their resilience.

Talk together to identify your family's strengths and make a plan to "grow" your family's resiliency.

Communication strengthens your family's resilience.

- Listen with understanding and empathy.
- Talk about problems and brainstorm solutions together.
- Laughing together is a great way to build connection.
- When you are not sure what to say, remember a hug may be more powerful than words.

Build a sense of togetherness to help your family create closer relationships where everyone feels they belong.

- Tips to build your sense of togetherness:
- Eat together as a family when you can.
 - Play games together.
 - Take turns planning a family activity.
 - Practice daily rituals, like reading together at bedtime.

These suggestions may keep your family strong and help you get through the tough times.

Building connections with extended family widens your family's network of support.

Extended family members can be mentors and can lend a helping hand. Connect your children with their elders; supportive caring relationships with trusted adults help children to be healthy and resilient.

Simple ways to connect:

- Use technology to chat, play games, share stories, and hang out together.
- Create a family photo album and tell stories about all the family members.

MORE RESOURCES

Visit: ahs.ca and search [Simple Connections, Stronger Families Toolkit](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

