



TAKE IT TO THE TABLE:

It is important that we all make time to come together as a family. These crucial connections help us handle the challenges that may present themselves as part of our daily life. Time together may look different from family to family because of varying goals. Learning how to listen and respect each other can all be positive outcomes of connecting.

Whichever way you choose to connect... the most important aspect is to maintain good communication. As you spend time together, share how you are feeling and find ways to support each other.

LET'S DO IT:

Identifying your family's strengths and fostering positive emotions are great tools and opportunities to connect.

- As a family, take the VIA Character Strengths survey at www.viacharacter.org. Discuss how you can leverage your strengths to figure out solutions to challenges that you might currently be facing.
- Use the template on the back to make a family strengths tree.
- Create a "positive activity" jar. Have each member write down activities you can do as a family and draw from your jar as needed.
- Create a new routine that will help ease the stress of a family member, TEAMWORK!



KEEP IT SIMPLE:

At the end of each day, ask everyone to name 3 good things that happened during the day, and why they are important.

We would love to hear your thoughts on AFMC Family Connect. Please take our survey: <https://www.surveymonkey.com/r/connectfamily>



Family is not always blood. It is those in your life who not only accept you for who you are, but also want you in their lives. The ones who would do anything to see you smile and love you unconditionally. Those who stand by you and will always support you no matter what.

The objective of AFMC Connect is to reinforce the importance of creating and maintaining connections. Now more than ever as we are experiencing a variety of unforeseen challenges due to COVID-19, "checking in" to maintain connection with your family is essential.

Family Strengths Tree

