



AFMC Connect Family Connection

TAKE IT TO THE TABLE

Individuals who contribute to their community, enhance their own sense of purpose and are better equipped to understand where they fit into the world around them. Community doesn't have to just be your physical location, it can be those with whom you share common interests or hobbies. A good place to start is to look for an opportunity to do more than what is expected. You can do this by preparing a meal for a friend, volunteering with a charity, organizing a neighborhood clean up, or simply lending an ear. By using our individual strengths we can find a shared purpose, which results in enhancing our own wellbeing and positively impacts the lives of those around us.

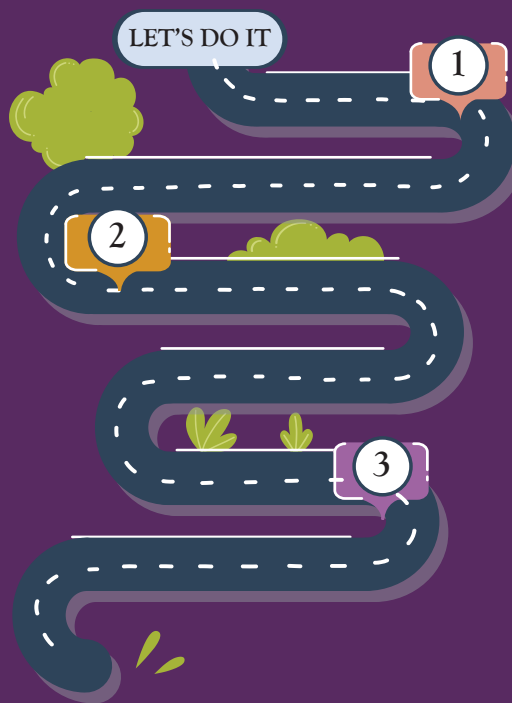
LET'S DO IT

Gather your family to discuss each other's individual strengths. How can you use these talents to strengthen your community?

As a family, take the VIA Character Strengths survey at www.viacharacter.org to see where each of you excel.

Use the roadmap on the back of this tool to plan how your family can give back to the community.

Visit a place in your community you haven't been to before. Or revisit an old place you haven't been in a while.



KEEP IT SIMPLE:

Discuss as a family how it feels to give back to the community.

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.

LET'S DO IT

Using your talents to give back to your community

What are some needs that we have seen in our community? Is there a deployed family that could use child care? Is there an organization that we can contribute time or money to? Be creative and make sure all family members share their ideas. Explore the community figure out what the community needs.

1

Think about the talents your family members have to contribute. Include time, knowledge and skills in areas like sports or cooking, love of animals, money, etc.

2

Make a plan looking at your list, is there something you can plan for in the near future (in the next 6 months)? Come up with a plan as a family to meet that need.

3
