



# AFMC Connect Family Connection

## TAKE IT TO THE TABLE

All family structures, both blood relatives and those we consider family, are unique and require different needs. Together you can build strong, positive relationships that promote wellbeing and support each other's continued ability to be resilient.

Being intentional with our time to connect is key to maintaining strong relationships. Time spent together does not have to be extravagant or cost money. It can mean finding moments to laugh, opportunities to communicate openly and simply enjoying one another's presence. Sharing similar values and beliefs can strengthen a sense of belonging and providing support and comfort in knowing that we are not alone.

## LET'S DO IT!

- *Have a game night.* Playing games as a group is a fun way to spend time together. It provides opportunities for everyone's unique personality to shine and can start unexpected conversation.
- *Schedule regular dinners.* Use this time as a regular "check-in" on one another each day. Designate mealtime as a "no phone zone" so family members are able to provide their full attention and engage in important discussions.
- *Plan for future activities.* As a family, take a look at a calendar and schedule time together. Look for opportunities as a group but also time to spend individually. (Ex. big brother can take out his little sister, parent could take out a child, or one-on-one friend time, etc.). Once scheduled on the calendar, make sure that these dates maintain a high priority. Start each month by scheduling new dates!

## KEEP IT SIMPLE:

Start or end each day by intentionally showing your love for one another through simple words and/or actions.

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



*Family does not always mean blood. It is those in your life who accept you for who you are. The ones who would do anything to see you smile and love you unconditionally. Family are the ones 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. Maintaining relationships with family is essential to our overall wellbeing.*