

*SIMPLE CONNECTIONS*  
stronger families



www.YLLMYHOME.com

www.AHS.ca/fmh

Find creative ways to connect with family (call - Skype - facetime - social media - visit).

## HOME SWEET HOME

It is a sign of strength to ask for and accept help.



Ask your family elders to share their life stories.

Create a family photo album together.



Connections to extended family builds your

Plan events for the whole family to celebrate.



family's resiliency.

Be a cheerleader for the children in your extended family.