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Toolkit Training for Community Partners
Building Family Resiliency



Outline



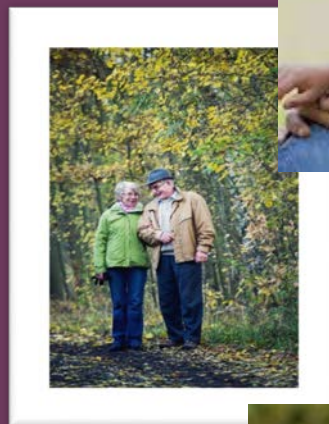
1. What is family resiliency
2. Why it is important
3. How to use the Toolkit

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Definition of Family

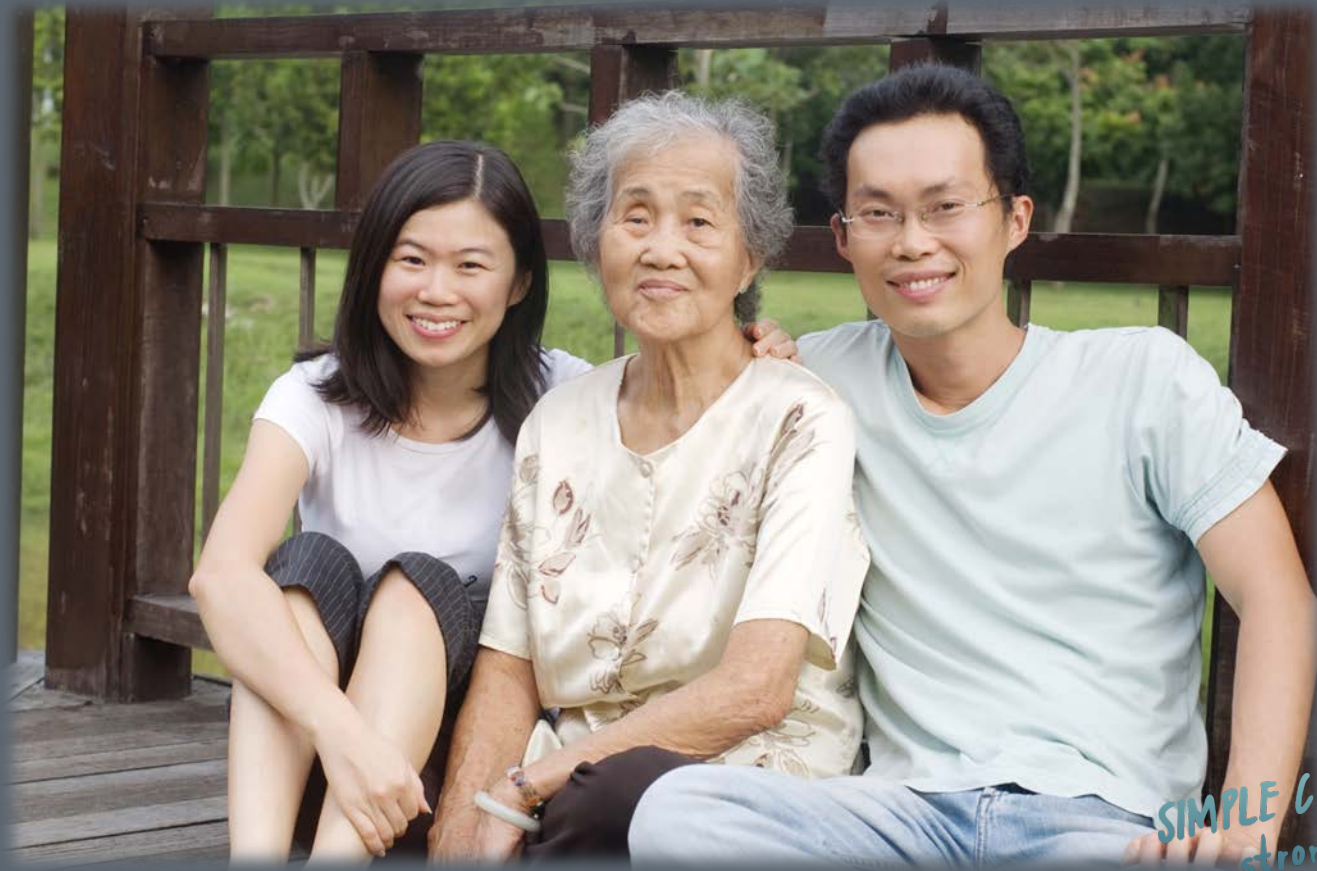
Families: “two or more individuals who depend on one another for emotional, physical and economical support.

The members of the family are self-defined”.



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Families as a unit have a resilience level of their own



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Consider your own family:

- Think about a time your family experienced something difficult. (can be big or small)
- What helped you get through?
- When it was over
what, if anything, changed for your family?

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Family resiliency



More than just coping or surviving.

It's about bouncing forward

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Family Resiliency



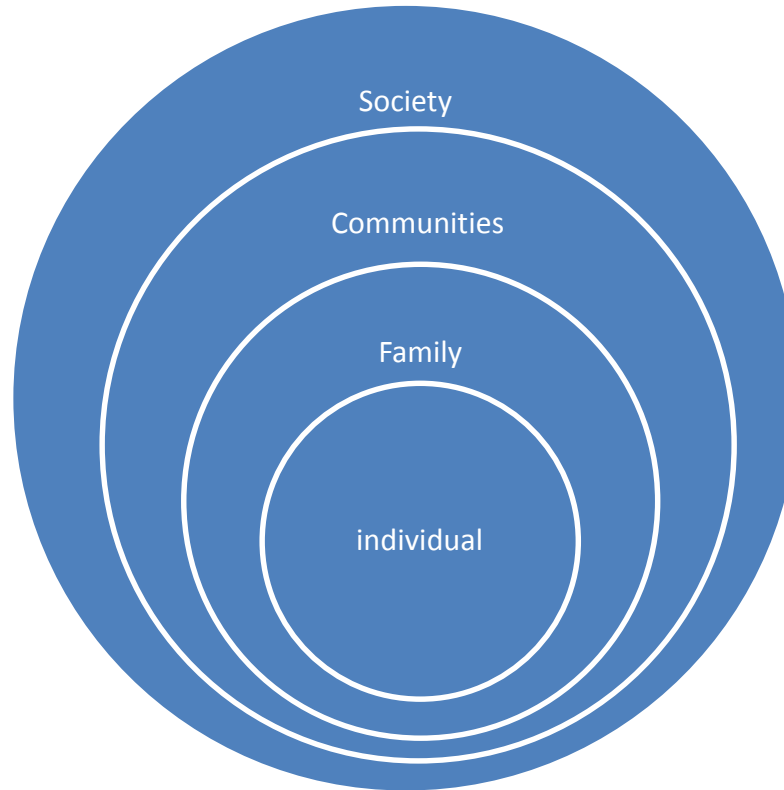
“The capacity of the family system to withstand and rebound from adversity, strengthened and more resourceful,” (Walsh, 2003).

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Family Resiliency

The study of resilience requires a more socio-ecological, integrative approach.



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Family Resiliency

One that looks at the *relationships and interactions* between people, their families, communities and society.



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Family Resiliency



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Factors that influence family resiliency

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Protective factors:

conditions or attributes of individuals, families, communities or larger society that mitigate or eliminate risk

Promotive factors:

conditions or attributes of individuals, families, communities or larger society that actively enhance well-being

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Shared belief systems

- Make meaning of crisis and challenge
- Maintain a positive outlook
- Value transcendence and spirituality

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Family organization and resources

- Flexible
- Connected
- Supported

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Prominent factors of resilient families:



Family Communication:

- Share clear consistent messages
- Openly express their emotions
- Use collaborative problem solving.

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Our approach

Building
Family
Resiliency = Empowering families and
building their capacity to
develop and maintain
protective and promotive
factors

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SC/SF - Modifiable protective factors



Personal Wellness
Togetherness
Communication
Parenting Style
Partner Relationships
Extended Family
Community
Connections

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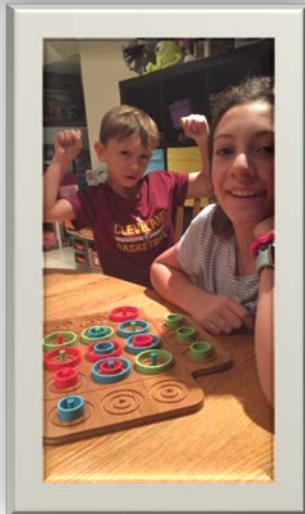
Please remember:

- Every family is different and unique
- Families face various challenges with changing conditions
- Healthy families should not be assumed to be without problems
- Families have different internal and external resources available to them
- All respond differently to challenges

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Why does it work?



- Reactive *and* Proactive
- Capacity building
- Family-centered
- Strength-based

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Benefits to Fostering Family Resiliency



For youth:

Keeps them grounded, helps them flourish and grow

For adults:

Provides a support system & social network

For others:

Impacts the wellbeing of our communities



Why is building family resiliency important?

When families are aware and understand the strengths within themselves and their communities, they will be more motivated and able to engage, advocate and utilize their resources and skills within their communities.

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Using the

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Toolkit



Key Concept



Relationships are
key in nurturing
and sustaining
resilience

A family IS
relationships

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Key Concept

The pathway or
journey of
Family Resiliency
through the
heart of your
community.

Family Resiliency – Overview puzzle





Personal Wellness





Togetherness

Eat together as a family whenever you can.

Play a game together instead of watching a movie.

Take turns planning a weekend family activity.

Learn about your family's culture and traditions and practice them often.

Daily rituals like bedtime stories are comforting.

COMMUNIPLEX

A sense of togetherness builds family resiliency.

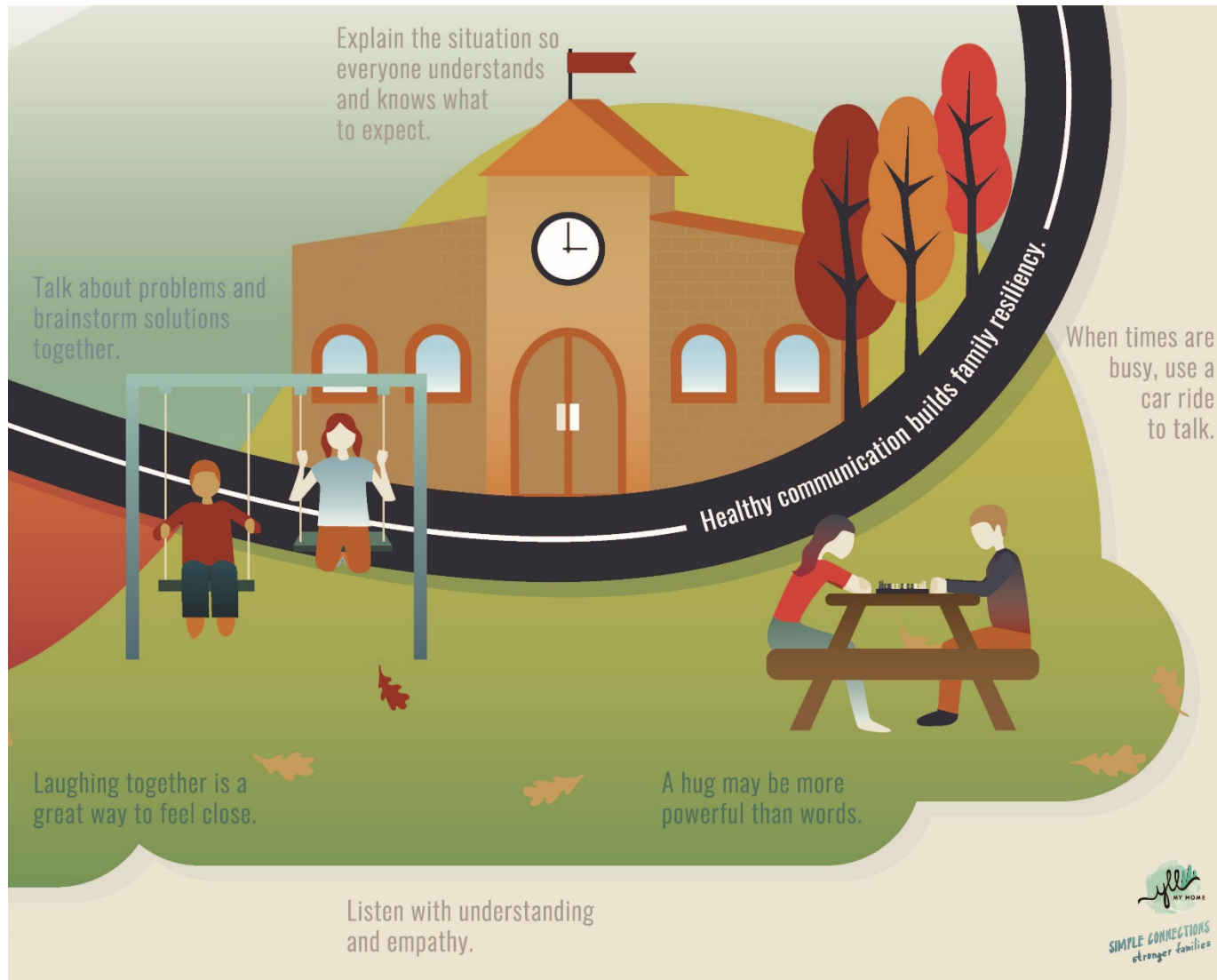
Take time to relax together.



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Communication



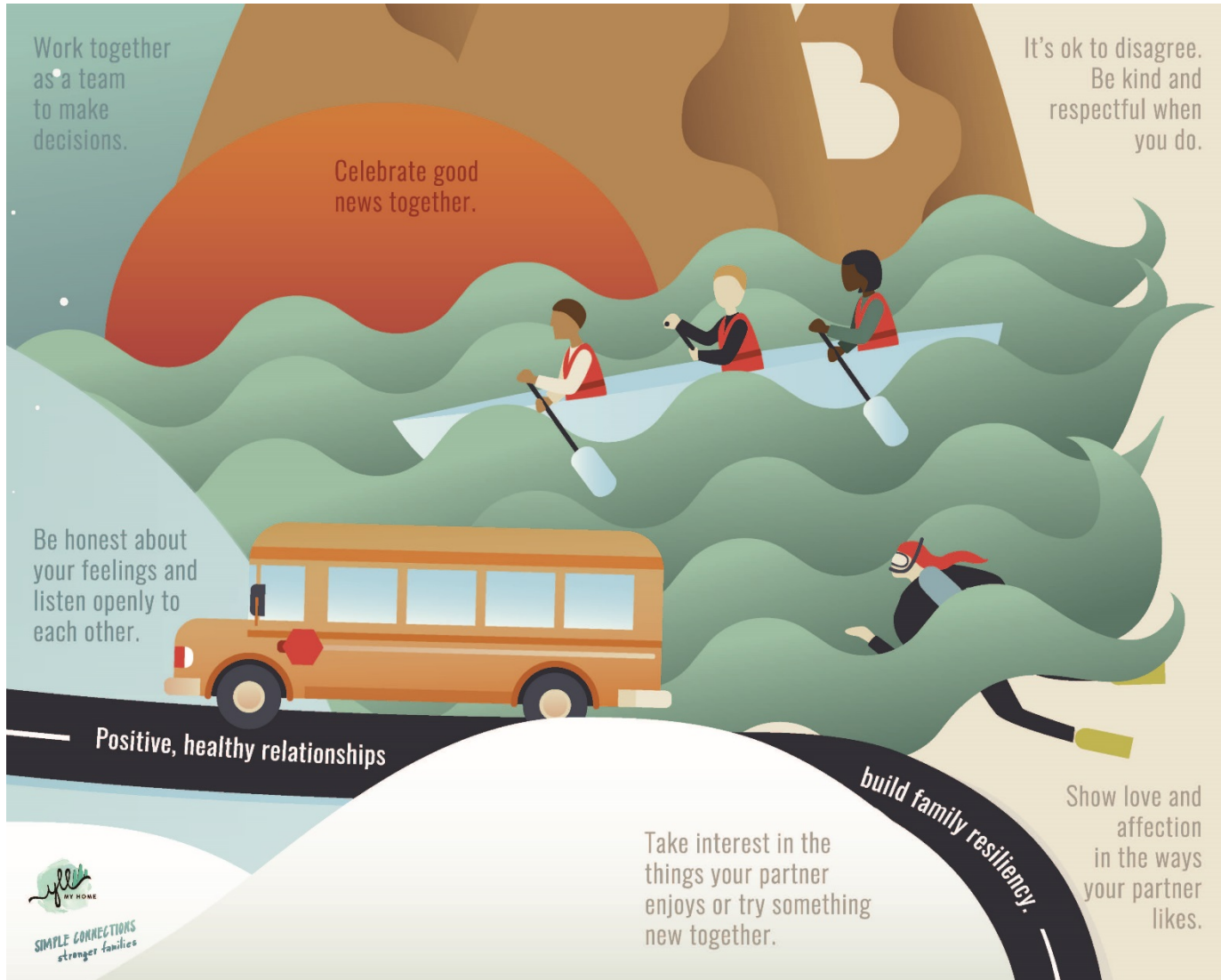


Parenting Style



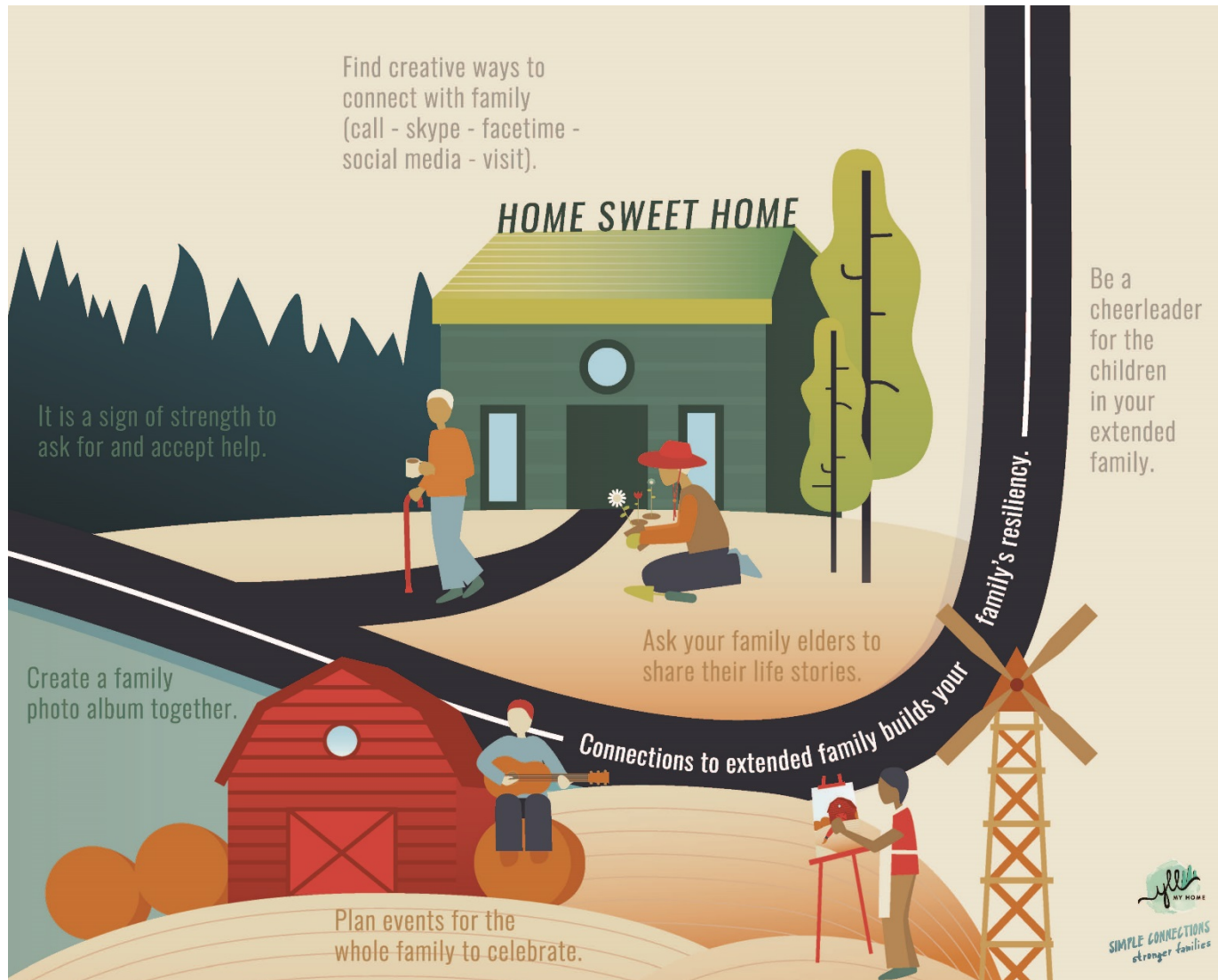


Partner Relationships





Extended Family





Community Connections



Available to you as our community partners:

Ready for you to use:

1. All graphics to create resources
 2. Link to digital puzzles
 3. Colouring, activity pages & handouts ready for print.
 4. Letterhead to create your own activity pages & handouts.
 5. Training Power Point to share this resource with community agencies
-



Giant Puzzle



16 x 20 puzzles made out of sintra (8 x 10 also available)





Volunteer for an activity you like or service you care about.

YOUTH CENTRE

Community connections build family resiliency.

Attend or organize an event in your community.

Explore the programs in your community and share what you find out with others.

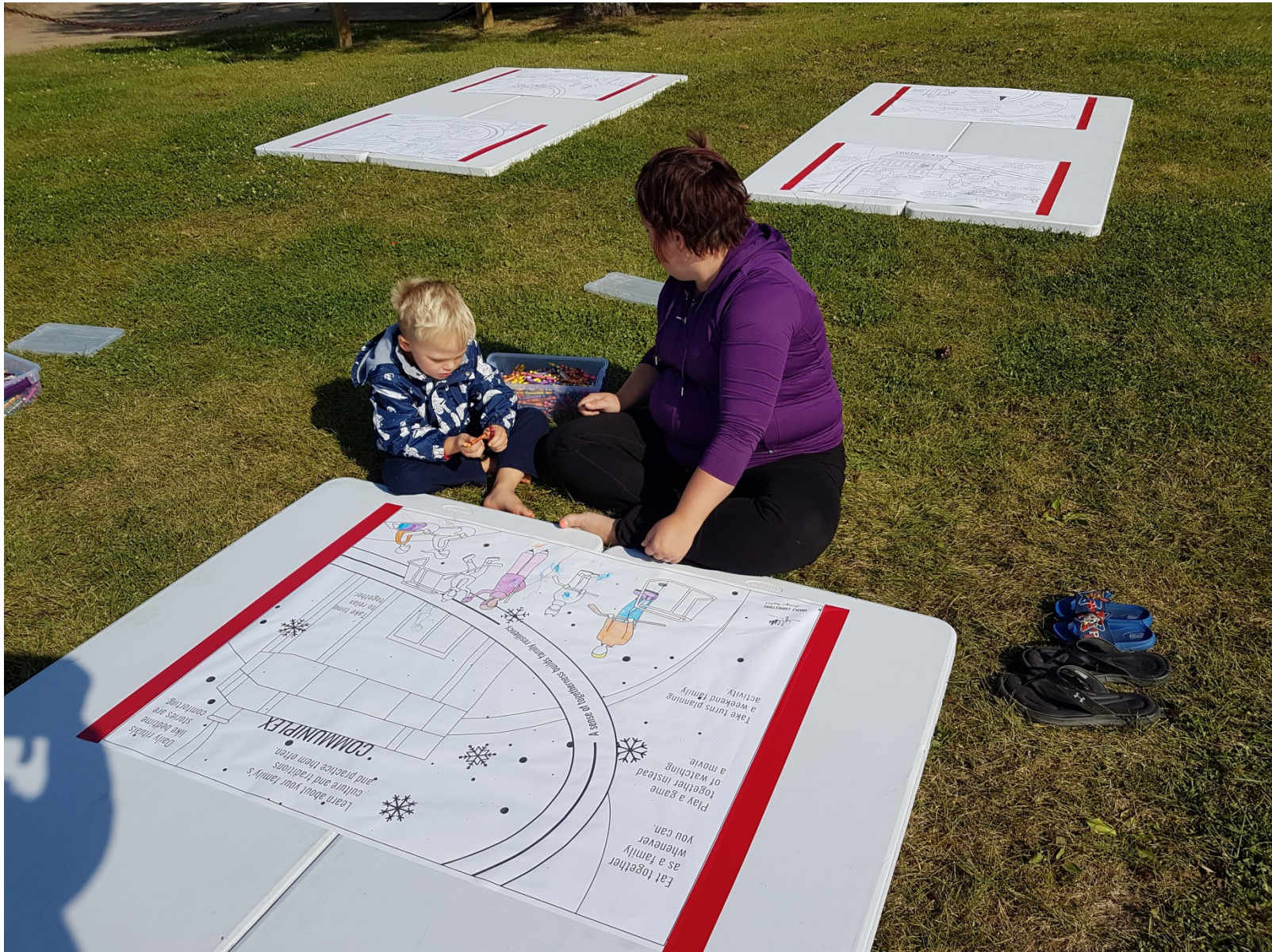
Invite your neighbours to go to the park.

Pass on toys or clothes that you've outgrown to others.

Call 811 for health information.
Call 211 for community services and supports.



Giant coloring pages – resources limited only by your imagination 😊



Learn about your family's
culture and traditions
and practice them often.

COMMUNIFLEX

Like having
stores or
cafeterias?

Take time
to relax
together.

Play a game
together instead
of watching
a movie.

Take turns planning
a weekend family
activity.

Eat together
as a family
whenever
you can.

A place of openness, kindness, family resources.

Available to you as our community partners:

Coming March 1, 2018

1. Social media strategy & images
2. Newsletter inserts
3. Placemats (8 1/2 x 14 B&W)
4. Bookmarks
5. Graphic design for pop-up banner
6. ...more cool stuff coming...



Sample social media file



YLLMyHome added a new photo to the album: Simple Connections.



Published by Hootsuite [?] · October 29, 2017 · 🌐

#simpleconnections #resiliency #strongerfamilies #yllmyhome



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Tool Kit



To view the toolkit visit:

<http://www.yllmyhome.com/simple-connections-order-form/>

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Project Evaluation





Ways to Use the Toolkit

- Toolkit for family-serving agencies
 - Conversation starter for families, parents, community
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- Skill building
- Empowerment
- Participatory

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