

# RESILIENCE: COMMUNITY

Community also builds resilience. Being part of groups, traditions, and shared beliefs is a way to build relationships and skills for the entire family.

When you have people in your life who help you and that you help, it reduces the impact of stress. And when we feel supported, it increases feelings of hope which also reduces the impact of stress.

Thriving Lives.  
Strong Communities.

South Coast  
Together



## REFLECTION

Which community connections are most important to you and your family? How do they help you with the stresses in your life? How do you help others?

## GET INVOLVED

Encourage your children and family to join school and/or community groups.

## VOLUNTEER

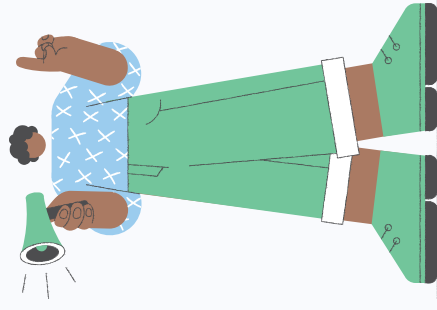
Find ways for you and your children to help your community.

## STAY CONNECTED

Be consistent with the groups you join and develop relationships.

## OFFER AND ASK FOR HELP

Let others know what support you need and offer in return. It might be a carpool, child care, or a kind, listening ear.



## HONOR YOUR CULTURE AND HISTORY

Teach your children how they are connected to previous generations and other people. Traditions, both new and old, are important for a sense of community.

