



# SPRING 2019

## COMMUNITY CONNECTIONS

BE A VOICE IN YOUR COMMUNITY

SHARE YOUR WISDOM, LEARN FROM OTHERS, AND ACT TOGETHER TO CREATE CHANGE

*Come together with other parents to share what your family needs to succeed and grow in your home, school, and community! We believe in strengthening, supporting and celebrating parents.*

*Building on your family's strengths can help you feel:*

- More confident
- Less stressed &
- Better connected with your kids

**METCALFE COMMUNITY BRIDGES**  
**[LIGHTHOUSE BOOKSTORE - 2ND FLOOR]**

**3624 W. North Avenue**  
**Milwaukee, WI 53210**

**Tuesdays -**

**5:00pm-7:30pm**

**April 9th**

**May 14th**

*You will have a **FREE** family meal, meet other parents from your community, learn about new resources, and share your family strengths!*

**Interested? Register today!**

**Andrea Libber — 414-671-5575 x12**  
**[alibber@theparentingnetwork.org](mailto:alibber@theparentingnetwork.org)**

**NEED CHILDCARE? REGISTER TODAY! LIMITED SPACE AVAILABLE**



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# Learn the **5 Strengths** that keep families strong



To learn how to build on your family's strengths, visit: [FiveForFamilies.org](https://FiveForFamilies.org).

## **There are 5 Strengths that can help your family prepare for life's challenges:**

Every family faces challenges. And every family has strengths they can draw on when things get tough. Tantrums and tough questions, a demanding job or a family illness—weathering the up and downs of family life isn't easy. Research shows **all** families benefit when they have these 5 Strengths, or “Protective Factors.” The 5 Strengths can positively affect family life and the many things you do with and for your kids. Explore each of the 5 Strengths below:



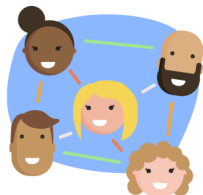
### **Helping Kids Understand Feelings**

Showing your kids how to express and handle emotions.



### **Parenting as Children Grow**

Learning skills to support your child's growth.



### **Connecting with Others**

Building a network of people who care about you and your family.



### **Building Inner Strength**

Staying flexible and calm during times of stress.



### **Knowing How to Find Help**

Seeking support and accepting help in times of need.

Learning how to build on your family's strengths can help you feel more confident, less stressed and better connected to your kids.



## **The 5 Strengths encourage you to...**

- Take small but significant steps
- Involve your family and friends
- Try new things as your needs change
- Discover what works for your family