

WINTER/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

HEARTLOVE PLACE
[ST. FRANCIS PARISH]

Tuesdays - 5:00 - 7:30pm

1927 N. Vel Phillips Ave.
Milwaukee, WI 53212

February 19th

March 19th

April 16th

May 21st

*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

NEED CHILDCARE? REGISTER TODAY! LIMITED SPACE AVAILABLE



The Parenting Network is supported by a grant from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services, under Grant No. 5H79SM063524.



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



To learn how to build on your family's strengths, visit: 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:



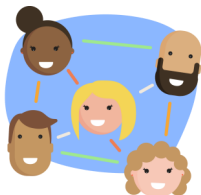
Helping Kids Understand Feelings

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