

Parent Tip #26

Make Connections

- **Good relationships with close family members, friends, or others are important.**
- **Accepting help and support from those who care about you and will listen to you strengthens resilience.**
- **Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope.**
- **Assisting others in their time of need also can benefit the helper.**

Dr. Eric Nach, Ph.D., M.Ed., A.S.D. Cert. Developmental and Behavioral Specialist and Associates
5458 Town Center Rd, #7, Boca Raton, FL 33486, 561-990-7305(Boca office) 561-465-3564(Fax)
Info@SupportForStudentsGrowthCenter.com www.SupportForStudentsGrowthCenter.com

Adapted from American Psychological Association

