

# Strengthening Family Coping Resources

## What's It All About?

- Spending time with your family doing fun activities
- Meeting and getting to know other families
- Exploring your family's roots
- Discovering your family's strengths
- Learning to cope with stress
- Celebrating your family
- Discussing new ideas about parenting
- Trying new ways of working together
- Making day-to-day family life special

**Fun, Food, Sharing and Learning Every Week!**

# SFCR

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**If Interested, Please Contact**