

STRENGTHENING FAMILIES

COMMUNITY RESOURCES

Visit these websites for resources to help strengthen your family. You can also use your smartphone to scan the QR codes to access the websites.

SOCIAL CONNECTIONS

ROCK Mat-Su

Join the ROCK MatSu Social Connections Facebook group or sign up for their newsletter to find out what family friendly-events are happening locally.

rockmatsu.org/matsu-events/



PARENTING

Keep Connected

Bring out the best in your family. From ages & stages to ideas to strengthen your family, this website will support you as you learn.

keepconnected.searchinstitute.org/bringing-out-the-best-in-your-family/



CONCRETE SUPPORTS

Connect Mat-Su

Connect with local supports in your times of need. Connect Mat-Su has connections to resources from housing to heating bills, from benefit counseling to food resources.

connectmatsu.org



STRENGTHENING FAMILIES

Learn about the Five Protective Factors

Make the most of your time and create opportunities to strengthen your family. As you learn to grow in these five areas, your family will become stronger and safer together.

PARENTAL RESILIENCE

Be strong not stressed.

Learn how to plan for stressful situations so you can bounce back after a setback.

How do you bounce back?

SOCIAL CONNECTIONS

Give and get support.

Develop a network of positive, supportive people that will empower you to be better parents.

Who is in your circle?

KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

Learn more so you can parent better.

There is no such thing as a perfect parent, but knowing what to expect does make the job a lot easier.

Who can you learn from?

CONCRETE SUPPORTS IN TIMES OF NEED

Get help when you need it.

Knowing where to get help in the community can make things a lot easier during tough times.

Where do you get help?

SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

Help your child manage feelings and relationships.

Give your children ways to manage their emotions to help them form good relationships.

How do you help your child manage emotions?

