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Thriving Together: A Virtual Guide to Family Mental Health & Resilience

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Welcome

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PTA[®]
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Let's Grow Together: What You'll Discover Today!

1. How to spot stress signals early.
2. Ways to strengthen family communication.
3. Simple, sustainable strategies to build resilience and well-being.
4. Why routines, mindfulness, and seeking help matter

Spotting Stress Before It Spills Over



Talking That Builds Trust



Bounce Back, Lift Up



Mindful Moments, Mighty Impact



Routines That Hold Us Together



Asking for Help is a Strength



What Does Your Family Look Like in Real Life?

POLL



Real Steps, Right Now



You Matter. Your Family Matters



"Mental health problems don't define who you are. They are something you experience. You **walk** in the rain and you **feel** the rain, but, importantly, **YOU ARE NOT THE RAIN."**

-MATT HAIG

Let's Wrap with Wisdom

- **Connection is the foundation of resilience**
- **You can create calm in the chaos.**
- **Asking for help is a strength, not a weakness.**
- **Every family has the power to grow stronger together.**



Thank you

