



Healthy Minds. Healthy Lives. Healthy Communities.

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### **Tips for Families**

1. Help your Kids develop a Strong Support Network. It will help them Cope with Life's Daily Challenges
2. Be a Part of your Community – Engage in Social Activities as a Family
3. Plan, Prepare and Eat Meals together. This creates a Safe Environment for Communicating and Sharing of Daily Events
4. Promote Good Exercise and Sleep Patterns as this can help with Anxiety and Depression
5. Be a Role Model for your Kids on how to Solve Problems, Deal with Crises, and Make Good Decisions
6. Talk Openly about the “Tough Topics” – Drugs and Alcohol, Dating and Sex, Bullying/Cyberbullying, Suicide