

We've learned a lot during the pandemic about the power of connection.

If someone is having a hard time in their relationship, you can be a lifeline.

THERE ARE LOTS OF WAYS TO STAY CONNECTED. YOU CAN:



SEND A TEXT WITHOUT THE EXPECTATION OF GETTING SOMETHING BACK.



SET UP A MONTHLY PHONE CALL TO CHECK IN.



DROP OFF A TREAT, A MEAL, OR A TOY FOR THE KIDS.



MEET UP FOR A COFFEE OR A WALK.



SEND A NOTE THAT SAYS, "I'M HERE FOR YOU."



SHARE RESOURCES THAT YOU'VE FOUND HELPFUL.

STAY CONNECTED WITH TEENS TOO! YOU CAN:

- ♥ BE IN THE ROOM. SHARE SPACE WITHOUT AN AGENDA.
- ♥ HAVE THEM TEACH YOU TO PLAY THEIR FAVORITE VIDEO GAME.
- ♥ GO FOR A DRIVE AND LET THEM PICK THE MUSIC.
- ♥ COOK TOGETHER.
- ♥ TAKE A NEIGHBORHOOD WALK.
- ♥ ORDER TAKEOUT OF THEIR CHOICE.



It doesn't need to be perfect to have an impact.
Just making an effort is what matters most.

Check out our Friends and Family Guide
at wscadv.org/friends to learn more.