

# Keep Your Family Strong

Every family has strengths, and every family faces challenges. Having a network of caring family, friends, and neighbors can be helpful during tough times. Here are some ideas to build a strong network:

- Participate in neighborhood activities such as picnics or block parties.
- Make a play date with friends who have children the same age as yours.
- Find a church, temple, or mosque that welcomes and supports parents.
- Go to a nearby park with your kids; talk with other parents there.
- Look for a parent support group in your area or join one online.

April is National Child Abuse Prevention Month. Visit [HelpandHope.org](http://HelpandHope.org) to learn about activities and programs in your community that support parents and promote healthy families.

Source: 2013 Resource Guide. Preventing Child Maltreatment and Promoting Well-Being: A Network for Action. U.S. Department of Health and Human Services.

