

BRIARPATCH FAMILY CENTRE

MONTHLY NEWSLETTER

JULY- ISSUE #9

Strengthening Family Connections: Creating Quality Time
Together

From Our Heart to Yours

As summer progresses, it's a perfect time to focus on strengthening family bonds. July is a wonderful month for family activities that can create lasting memories and deepen connections. At BriarPatch, we dedicate this month to celebrating and enhancing the quality of family time.

The Importance of Family Time

Family time is crucial for fostering communication, trust, and emotional support. Engaging in activities together helps create a sense of belonging and unity. Whether it's a planned outing or a simple evening at home, making time for family can have profound impacts on well-being and happiness.



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Enhancing Family Bonds: Practical Tips

Strengthening family connections doesn't require grand gestures; small, consistent actions can make a big difference. Here are some strategies to help enhance your family time:

- **Schedule Regular Family Meetings:** Set aside time each week to check in with each other. Discuss everyone's week, upcoming events, and any concerns.
- **Create Family Traditions:** Establish simple traditions that everyone can look forward to, like a weekly game night or a monthly family outing.
- **Unplug Together:** Designate specific times to disconnect from technology and focus on each other. This could be during meals, evening walks, or while playing games.
- **Share Responsibilities:** Involve everyone in household tasks. This not only eases the workload but also fosters teamwork and cooperation.
- **Celebrate Achievements:** Acknowledge and celebrate each family member's accomplishments, no matter how small. This boosts morale and encourages support.

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BOOK OF THE MONTH



The Connected Parent: Real-Life Strategies for Building Trust and Attachment" by Lisa Qualls and Dr. Karyn Purvis. This insightful book offers practical advice and strategies for building strong, trust-based relationships with your children. It's an excellent resource for parents looking to deepen their connection with their kids.

A CLOSING THOUGHT

Family connections are the bedrock of a happy and healthy life. At BriarPatch, we are here to support you in finding ways to strengthen these bonds. Remember, quality time doesn't have to be complicated or expensive—it's the love and attention that truly count.



CONTACT US

For more information about our services, including family counselling and support groups, or to make an appointment, please call us at 587.269.3217. We are here to help guide and support you on your journey to building stronger family connections.