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A2.007: Adapting to External Changes as a Unified Family

Core Concept (From Susie's Story)	Keywords	Related Network Resource	Linked Action
<p>A2.007: Adapting to External Changes as a Unified Family</p>	<ol style="list-style-type: none"> 1. Adapting to external changes 2. Staying unified during transitions 3. Family resilience 4. Managing external stressors 5. Collaborative problem-solving 	<ol style="list-style-type: none"> 1. "Adapting to External Changes as a Family" – A guide from PsychologyToday on how families can adapt together to external pressures and transitions. 2. Building Resilience During External Changes – Insights from VeryWellMind on fostering family unity and resilience during external stressors like financial or societal changes. 3. Staying Unified Through External Transitions – Resources from PositivePsychology.com focused on maintaining family harmony and unity during life's external challenges. 4. Tippecanoe Family Resilience Programs – Local programs helping families build resilience and adapt to external changes, hosted by Tippecanoe Family Services. 5. Tippecanoe Community Transition Support Programs – Workshops focused on supporting families through external changes and challenges, hosted by Tippecanoe County. 	<p>Key keywords: External changes, Family unity, Resilience, Managing stressors, Collaborative problem-solving. These resources help families navigate external changes while staying unified and resilient.</p> <ol style="list-style-type: none"> 1. Join Family Resilience Programs: Build resilience through Tippecanoe Family Services. 2. Learn How to Stay Unified During Change: Access unity strategies at PositivePsychology.com. 3. Build Resilience for External Stressors: Learn resilience strategies at VeryWellMind. 4. Participate in Community Transition Support: Access local transition support programs at Tippecanoe County.