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M1: Resilience and Growth (From Susie's Family Story)

Core Concept (From Susie's Story)	Keywords	Related Network Resource	Linked Action
M1.002: Emotional Strength in Families	1. Emotional strength 2. Coping mechanisms 3. Mental resilience 4. Emotional intelligence 5. Family support systems	1. "Developing Emotional Strength in Families" : This resource provides strategies to build emotional resilience in children and adults through positive coping mechanisms. 2. American Psychological Association : A resource hub for developing mental resilience and emotional strength with tools for family engagement. 3. Emotional Intelligence in Families : Resources on building emotional awareness and empathy within family settings. 4. Tippecanoe Family Wellness Center : A local center offering support systems for families focusing on emotional intelligence and strength development.	<p>Key keywords: emotional strength, mental resilience, family support, emotional intelligence. These resources help strengthen emotional resilience and offer strategies to build coping mechanisms for families.</p> <ol style="list-style-type: none"> Explore emotional strength programs https://www.positivepsychology.com/emotional-strength/ Access mental resilience tools https://www.apa.org/ Tippecanoe Family Wellness Center https://www.tippecanoe.org/wellness-center Develop emotional intelligence in families https://www.mindtools.com/