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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
M1.007: Growth Through Family Challenges	<ol style="list-style-type: none"> 1. Personal growth 2. Overcoming family challenges 3. Building resilience 4. Learning from setbacks 5. Family perseverance 	<ol style="list-style-type: none"> 1. "Growing Stronger Through Family Challenges": A resource that helps families turn difficult situations into opportunities for personal and collective growth. 2. Family Resilience Project: A platform offering workshops and materials for families to build resilience and thrive through adversity. 3. Learning from Setbacks: Insights into how families can use setbacks as learning opportunities to grow stronger together. 4. Tippecanoe Family Growth Programs: Local programs that provide guidance and support for families looking to strengthen their bonds and persevere through challenges. 	<p>Key keywords: personal growth, overcoming challenges, building resilience, perseverance. These resources focus on using family challenges as a catalyst for growth and building resilience.</p> <ol style="list-style-type: none"> 1. Explore growth through family challenges https://www.psychologytoday.com/us/blog/growth-through-challenges 2. Join the Family Resilience Project https://www.familyresilience.org/ 3. Tippecanoe Family Growth Programs https://www.tippecanoe.org/family-growth 4. Learn from family setbacks https://www.mindtools.com/pages/article/newL6_11/learning-from-setbacks.htm