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M3: Growth and Adaptation (From Susie's Family Story)

| Core Concept (From Susie's Story) | Keywords | Related Network Resource | Linked Action |
|--|--|--|--|
| <p>M3.001: Adapting to Change in Families</p> | <p>1. Adaptability 2. Coping with change 3. Flexibility 4. Resilience during transitions 5. Managing uncertainty</p> | <p>1. "How Families Can Adapt to Change": This guide helps families navigate change, focusing on building flexibility and resilience during transitions. 2. Coping with Change as a Family: Resources that provide families with tools to manage transitions and adapt to new situations together. 3. Building Flexibility in Family Life: Practical advice on how families can remain flexible in the face of uncertainty and challenges. 4. Tippecanoe Adaptation Support Programs: Local programs that offer resources and support to help families adapt to changes in their lives.</p> | <p>Key keywords: adaptability, flexibility, resilience, transitions, uncertainty. These resources guide families in adapting to changes and managing transitions while maintaining resilience.</p> <p>1. Learn how families can adapt to change https://www.psychologytoday.com/us/blog/adapting-to-change 2. Explore resources for coping with change https://www.verywellfamily.com/coping-with-change-4164675 3. Tippecanoe Adaptation Support Programs https://www.tippecanoe.org/adaptation-support 4. Develop flexibility in family life https://www.verywellfamily.com/building-flexibility-in-family-life-4164683</p> |