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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><b>M3.002: Learning Through Challenges</b></p>	<p>1. <b>Learning from challenges</b>            2. <b>Problem-solving</b>            3. Emotional growth            4. Developing resilience            5. Family strength</p>	<p>1. <b>"Learning Through Family Challenges"</b>: This guide focuses on how families can turn challenges into learning opportunities, fostering emotional growth and problem-solving skills.            2. <b>Problem-Solving in Families</b>: Resources to help families develop problem-solving skills through real-life challenges.            3. <b>Emotional Growth Through Adversity</b>: Practical advice for families on how to grow emotionally during tough times, building resilience and strength.            4. <b>Tippecanoe Family Growth Programs</b>: Local programs offering support and resources for families to learn and grow through difficult experiences.</p>	<p><b>Key keywords</b>: learning from challenges, problem-solving, emotional growth, resilience. These resources emphasize turning <b>challenges</b> into opportunities for <b>learning</b> and emotional <b>growth</b>.</p> <p>1. <b>Explore ways to learn through challenges</b>  <a href="https://www.psychologytoday.com/us/blog/learning-through-challenges">https://www.psychologytoday.com/us/blog/learning-through-challenges</a>            2. <b>Access problem-solving resources for families</b>  <a href="https://www.verywellfamily.com/problem-solving-for-families-4164705">https://www.verywellfamily.com/problem-solving-for-families-4164705</a>            3. <b>Tippecanoe Family Growth Programs</b>  <a href="https://www.tippecanoe.org/family-growth">https://www.tippecanoe.org/family-growth</a>            4. <b>Learn about emotional growth through adversity</b>  <a href="https://www.verywellfamily.com/emotional-growth-through-adversity-4164701">https://www.verywellfamily.com/emotional-growth-through-adversity-4164701</a></p>