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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
M3.003: Developing Family Resilience	<ol style="list-style-type: none"> 1. Family resilience 2. Coping mechanisms 3. Strengthening family bonds 4. Overcoming setbacks 5. Bouncing back together 	<ol style="list-style-type: none"> 1. "Building Resilience in Families": A guide that provides practical tools for families to strengthen resilience, focusing on coping mechanisms and recovering from challenges. 2. Strengthening Family Bonds Through Adversity: Resources that emphasize the importance of family unity and bonding during tough times. 3. Coping Strategies for Families: Advice and tips on how families can develop effective coping mechanisms together. 4. Tippecanoe Family Resilience Programs: Local programs offering support for building resilience and coping strategies within family units. 	<p>Key keywords: family resilience, coping mechanisms, strengthening bonds, bouncing back. These resources help families develop resilience and learn how to bounce back together after setbacks.</p> <ol style="list-style-type: none"> 1. Learn about building resilience in families https://www.psychologytoday.com/us/blog/building-resilience 2. Explore ways to strengthen family bonds through adversity https://www.verywellfamily.com/family-bonds-through-adversity-4164706 3. Tippecanoe Family Resilience Programs https://www.tippecanoe.org/family-resilience 4. Discover coping strategies for families https://www.verywellfamily.com/family-coping-strategies-4164704