This is a difficult time. We help each other by showing kindness and patience.



How are you using your power positively?

Community Conversation



Discussion Questions

- What do you see in this image?
- ▶ How can you strengthen your relationship during this time?
 - Commit to kindness; commit to never using violence.
 - Show your family you care make time to talk, to play, to do chores together.
 - Remember that your positive, kind and patient behavior during this time will build trust and connection with your partner and/or family.

Take home idea



Use your power positively, use this time to build trust and connection with your partner/family.