

Find JOY in the Holiday Season:

Holiday gatherings may look a little different this year; help your children see the good things.

Staying home can be more relaxing and less costly.

Practice gratitude with your family:

- Share what you are grateful for.
- Say thank you even for small things and show appreciation to others.

Find creative ways to connect with others. Perhaps a drive-by parade, positive messages in windows, or sending cards in the mail.

Reliving old traditions can warm a heart this season:

Make cookies with your kids – let them take the lead!

Watch your favourite movies and TV specials together.

Go sledding, play board games, build a snowman.

Take a walk in your neighborhood and enjoy the lights. End with a cup of hot cocoa.

Make new family traditions this holiday season:

Trade kid-friendly recipes online and cook together as a family.

Share a family meal together virtually.

Plan and try new outdoor activities with your kids. Be sure to add in a dose of laughter to your activities.

Go caroling. What a great way to spend time with your family and bring a smile to someone else.

There's no right or wrong way to feel, remember:

Connecting virtually with loved ones is comforting and builds family resilience.

To promote wellness through self-care activities for the whole family.

It's okay to seek help. Talk to someone you trust or reach out for support. Help is on the line...anytime...all the time. Call the Mental Health help line at 1-877-303-2642.

MORE RESOURCES

ahs.ca/helpintoughtimes

togetherall.com

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

