We can't wait to meet you and find out about your family.



See you for our first group next week!

Your family tree showed us a lot about your family's heritage.

Remember to write in your diary during the week.



Water your family garden and we will see you next week!

It was great to meet you and your family!

Don't forget to talk with the relative you picked.



See you next week!



Routines are great! They make things work better.

Hope your job chart is filling up with stars. If you haven't yet, remember to watch your kids.

See you next week!

When you stay within the limits, it's easy to sit back and relax.



See you next week!

Know your safety plan and stay safe.



See you next week!

It's okay to ask for help. Think about who might help your children the next time they need it.

See you next week!

Your family's future can be what you want it to be.

If you haven't yet, think about your spiritual resources.



See you next week!

Stay true to what you believe.



Remember to relax with your kids.

See you next week!

Telling our story will help us get better.



You are ready to begin this new part of your story.

See you next week!



You can do it!

Don't let anything get in the way.

See you next week!

Telling our story will help us live our story.



Keep up the good work even though it is hard.

See you next week!

Telling our story will help us live our story.



Keep up the good work even though it is hard.

See you next week!



See you next week!

Plan to have fun!





See you next week!

What a great celebration!

Thanks for taking part in this group and all good wishes to you and your family.