

The Benefits of Family Guidance/ Coaching

- ★ Building stronger relationships
- ★ Empowerment of all members within the family
- ★ Improved ability to make decisions
- ★ Increase respect
- ★ Improve communication

Advocates for Families focuses on guiding, not directing others' potential and fostering a supportive environment for growth and learning. We hope to guide individuals towards self-awareness and encourage them to take ownership of their development by understanding and nurturing the individual. We want to foster a collaborative environment where individuals feel valued and supported by using regular constructive feedback to help with growth and develop new skills.

EXPECTATIONS, healthy expectations involve a balance between individual needs and the needs of the relationship as a whole. Open communication, self-awareness and a willingness to compromise are key to managing expectations and building a fulfilling partnership.

STRUCTURE (schedule/routine) can help with predictability and being reliable. Structure can create clear and attainable goals, include things we enjoy, allow flexibility and get your necessary sleep.

ROUTINE can help reduce the build-up of stress and in times of uncertainty, they remind you that there are things within your control, but it is not always simple to stick to a routine and that's OK.

BOUNDARIES are limits/guidelines that are set in their relationships, which in turn define what behaviors are acceptable or not. They help protect someone's physical, emotional and mental well-being, which in turn can promote trust, safety and respect in relationships. Setting and respecting boundaries is crucial for maintaining and achieving healthy relationships and prioritizing one's own needs. Boundaries are shaped by personality, context and culture. Boundaries are to ensure balance and trust in relationships and work and setting boundaries defines our expectations of ourselves and others in different kinds of relationships. Healthy boundaries require self-awareness, respect and clear communication.

HABITS FOR BETTER MENTAL HEALTH

- TRY TO EAT RIGHT, EXERCISE AND GET ENOUGH SLEEP
- TALK TO CARING FRIENDS AND LET OTHERS KNOW WHEN YOU NEED TO TALK.