



Concrete Support in Times of Need

Strengthening Families Alaska Style

What is it?

As a parent of a young child, sometimes it can be hard to get the help and advice you need. Experiencing problems with housing, finances, conflict in relationships, illness or unemployment can sap your energy and take your focus away from your child. Getting help when you need it helps you reassure and give your child what he or she needs, and helps reduce stress and anxiety in your whole family. Support can go a long way toward helping you keep your balance, hope, and sense of humor with your child.

Family Check-In: How are you doing?

Rate the following:

I know who in the community to contact when I need help.

| | | | |
|-------------|-----------|-------|------------------|
| 1 | 2 | 3 | 4 |
| Not so much | Sometimes | Often | Most of the time |

List five resources/organizations that supported you in the past, or may be a support in the future:

- | | | |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | |

Talking to other parents is a great way to learn about local resources. Having someone share their experience and talk you through the process can make you feel a lot more comfortable when trying something new.

Five ways to find help when you have a crisis:

- 1 Call 211— a statewide referral service that can link you to all kinds of supports.
- 2 Go to www.211alaska.org and search for yourself.
- 3 Call the Alaska Parent Line at 1-800-643-KIDS (5437) and talk to a trained parent educator who will listen and help you brainstorm solutions for your concerns.
- 4 Call an organization you are familiar with already, or a faith community.
- 5 Ask your medical provider for a referral.

