

JULY WELLNESS SERIES

Week 3: SUPPORTING YOUR FAMILY Through Change ♥

Workplace change affects the whole family. By supporting one another, communicating openly, and focusing on connection, we can get through difficult times—**together**.

This Week's Reflection

What helps your family feel connected?
Is there one small tradition or activity
you could prioritize this week?



WHAT CAN HELP THIS WEEK?



KEEP COMMUNICATION OPEN

Talk openly with your family about what's happening. Use honest, age-appropriate language and let them know it's okay to ask questions and share how they feel.



MAINTAIN ROUTINES WHERE POSSIBLE

Regular meal times, bedtime routines, and family traditions bring comfort and a sense of normalcy during uncertain times.



FOCUS ON CONNECTION, NOT PERFECTION.

Quality time doesn't have to cost money. Go for a walk, play a game, cook together, or enjoy a movie night at home.



CHECK IN WITH ONE ANOTHER

Make space each day for everyone to share both the challenges and the positives. Feeling heard helps build emotional safety.



ACCEPT SUPPORT.

Friends, extended family, neighbours, and community resources can all play an important role. Asking for help is a sign of strength.



Family Activity Idea

Each family member shares:

- One challenge
- One thing they're grateful for
- One thing they're looking forward to



Safe Haven
SAULT STE. MARIE

REMEMBER: SUPPORT IS AVAILABLE ♥

If you're finding this transition difficult, you don't have to face it alone. Safe Haven SSM offers free drop-in counselling for USW Local 2724 members and their families.

DROP-IN COUNSELLING HOURS



WEDNESDAYS
10:00 A.M. – 12:00 P.M.



THURSDAYS
5:00 P.M. – 7:00 P.M.



info@safehavenssm.com

You are
not alone.
WE'RE HERE
FOR YOU.

Taking care of your mental health is one of the best ways to care for your family. ♥