



FIVE FOR FAMILIES IDEA

Expanding Your Friendships

For some people, making friends is easy. For others, it is more challenging. However, having friends that you enjoy and can count on is essential for you and for the strength of your family.

Try something new: Volunteer, take a class or attend an event to meet new people with common interests.

Take a risk: Reach out and make the first move. Invite someone to hang out at a specific time and place.

Don't give up: Sometimes friendships don't work out. Don't take it personally. Keep trying with others.

Stay close: Friends can slip away when you don't stay in touch. Reach out regularly.