



FIVE FOR FAMILIES IDEA

## Ways to Help Others

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Helping others doesn't have to take a lot of energy or money. Small gestures can mean a lot to someone else and increase awareness of your own resources and strength.

**Listen:** Be available, attentive and non-judgmental. Being a sounding board allows others to come up with their own solutions, feel supported and become ready to move forward.

**Pass along:** Sharing things we no longer use can mean a lot to another family, such as outgrown kids clothes, extra toys, or unused sports uniforms.

**Give your time:** Hang out, pitch in or do something for someone that they can't do for themselves.

**Be appreciative:** Tell others the things that you enjoy or admire about them. Express gratitude for their friendship.

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Learn how the 5 Strengths can help you build on your family's strengths at [FiveforFamilies.org](https://FiveforFamilies.org)

