



FAMILIES

TACKLING TOUGH TIMES

TOGETHER

ORIENTATION FOR ENGAGEMENT AND DISSEMINATION PARTNERS

We Take Action! Mobilizing Social and Economic resources

There are a variety of activities this week, and we recommend encouraging your participants to engage in the one that seems to be the best fit. In order to practice skills of **mobilizing resources**, this week's activities encourage family members to:

1. Embrace a can-do-spirit, take action, and persist in family efforts
2. Reach out to extended family, friends, and community for support
3. Prepare for the future—and keep a Plan B handy

Theme 9: “We Take Action! Mobilizing Social and Economic resources” is the *Families Tackling Tough Times Together* resilience theme for this week. According to Froma Walsh, one of the world's leading scientific experts on family resilience, families who work together to help themselves and others build family resilience. Families that can mobilize resources effectively will not only deal with current challenges but also build skills to help with challenges in the future. Support groups, organizations, and community resources help families to exchange information, share memories, provide mutual support, and encourage hope for recovery.

This collection offers activities to help family members of all ages to know about and use resources that can help with current challenges. Families use resources from both inside and outside the family when they face challenges. It is important to be aware of available sources of help. Extended family, friends, and neighbors can be mobilized as important social support resources, as well.

The challenge with this week's activities is that there are so many resources available that they can become overwhelming. There are several ways to combat this information overload. One is to ask your participants to identify and share some of the “hidden gem” resources within this material, such as resources that surprised them or that they wish they knew about a long time ago. Another strategy is to ask your family participants to explore one resource each within this material and share their experiences back to the group. If you would like to run something slightly more game-like, you could set up a kind of “resource scavenger hunt” within this material and ask families to identify resources for specific scenarios, using the resources in the kit (i.e., education resources).

For Additional Information on this Week's Theme

[Watch the interview with Froma Walsh on ways families can mobilize resources](#)