

# FAITH TIPS:

Connections Matter and there are many things YOU can do to show to others how easily connections matter.

Here's a few simple ideas!



- Create fund to help keep people warm.
- Host a coat drive
- Make cookies and give them to a neighbor
- Rake leaves for a neighbor
- Text a friend today
- Offer to babysit
- Walk or run for a cause
- Place positive messages in library books
- **SMILE, IT'S CONTAGIOUS**



[ConnectionsMatterNC.org](http://ConnectionsMatterNC.org)

[PreventChildAbuseNC.org](http://PreventChildAbuseNC.org)

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# We invite you to join us in recognizing Child Abuse Prevention Month during April.

Together we will learn how science, connection and faith can work together to reduce the effects of trauma, build resilience and provide protective factors that are essential in reducing occurrences of child abuse and neglect.

# #BeAConnection



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**Did you know that trauma in childhood can affect how we grow, develop, work, play, parent and connect with one another and can have lasting effects on our health?**

With the support of engaged faith communities making connections that matter, all children can thrive and have the opportunity to grow into contributing, caring members of our society!

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# What is Resilience and how do we get It?

Resilience can be defined as the ability to thrive, adapt and cope despite difficult and stressful times. Resilience is not something you're is born with; it gets built over time. It can be built though positive connections with others. Connections Matter!

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# Supportive Nurturing Relationships for both children and families are at the heart of prevention.

You can make a difference: Your acts of love, fostering community and the power of spiritual practice can literally rewire brain circuitry, build brains, and promote healing.

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# CONNECTIONS MATTER!

Use your unique gifts and talents, perspectives and faith traditions to make caring connections. They don't have to require a large time commitment. Here are few ideas of

## Ways You Can Be a Connection:

Make cookies and give them to a neighbor or visitor in your place of worship.

Rake leaves or shovel snow for a neighbor.

Send a note to a connection that matters to you.

Use social media to interact with youth. Post kind comments and encouraging words.

Offer to babysit.

Provide free tax filing assistance.

Say something nice to everyone you speak to today.

Talk to someone new today.

Host a coat drive.

Walk or run for a cause.

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