

**We learn by example ...**

How we show our commitment to our family is important. Often we are so rushed by demands that we take shortcuts to show our love with words instead of actions or involvement. "To know a person, look at their actions ..." What do your actions say? What kind of example do you set? Are you responsible? Do you show your love and concern by spending time with family members? Does your family unit recognize that there will always be changes and conflict in life but, by working together, solutions can be found? If younger family members see love, trust and compassion in action they will demonstrate those values in the future with their own families and communities.

***It's never too late to work on family issues ...***

Your desire to work with your own family in building a solid foundation of trust and support is an example of true commitment. Specially-trained LSS family counselors can also provide guidance and direction, when needed.

For more information on help for your family, contact Lutheran Social Service for an office nearest you.



**Lutheran Social Service**  
*for changing lives*

Call 612.642.5990 or 1.800.582.5260  
for the counseling office nearest you.

*Lutheran Social Service of Minnesota serves all people regardless of race, color, creed, religion, national origin, sex, sexual orientation, handicap or age.*

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## Keeping the family together

We see the result of unstable or troubled families all around us. We are concerned because we know that healthy families are the foundation of our well-being and of our society. Attention to that foundation is needed.

Here are a few check-points for family members to consider:

- Do you express love and support for each other?
- Are self-respect and responsibility encouraged?
- Are there clear rules and limits that family members mutually accept and agree to?
- Does your family take time for fun?
- Is joint problem-solving encouraged?
- Do family members feel safe and protected?

Too often, we can treat others outside our family better than those we care about and love. We assume family will “understand” or that we can “catch up” later — but we can’t take for granted what is truly important to us. Take the time today to give your family a “health checkup.” If you have issues, conflicts or concerns, talk it over with the other members of your family, your pastor, or contact a specially-trained LSS family counselor.

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