

**Our families shape our lives in profound ways.**

Families provide the building blocks that shape our very identity, our self-esteem and our ability to handle the challenges of everyday life. Families help shape our most important values and spiritual beliefs.

**A healthy family shares life.** Family members share the good and bad times. They provide support for one another in dealing with life's continual ups and downs. In healthy families there is a strong sense that "we're in this together." We talk with each other and pray for each other. Problems are not hidden or denied but accepted as issues we can work on together. Here, we can laugh, cry and have fun together.

**Families come in many forms.** Some families are inherited; others we create by choice. Whatever form, family members are committed to one another. Each person takes responsibility for keeping communications open and showing respect for one another. Families encourage the grown and unique talents of each person through acceptance, trust and emotional support.

**There are no perfect families.** Sometimes you may feel you have lost touch with each other as a family. Voice your concern. Often it only takes one person to express what others may be feeling that helps bring about an important change.

If you need help working through a family issue or want to locate an LSS counseling office close to you, please call:



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.*

**Our families shape our lives in profound ways.**

Families provide the building blocks that shape our very identity, our self-esteem and our ability to handle the challenges of everyday life. Families help shape our most important values and spiritual beliefs.

**A healthy family shares life.** Family members share the good and bad times. They provide support for one another in dealing with life's continual ups and downs. In healthy families there is a strong sense that "we're in this together." We talk with each other and pray for each other. Problems are not hidden or denied but accepted as issues we can work on together. Here, we can laugh, cry and have fun together.

**Families come in many forms.** Some families are inherited; others we create by choice. Whatever form, family members are committed to one another. Each person takes responsibility for keeping communications open and showing respect for one another. Families encourage the grown and unique talents of each person through acceptance, trust and emotional support.

**There are no perfect families.** Sometimes you may feel you have lost touch with each other as a family. Voice your concern. Often it only takes one person to express what others may be feeling that helps bring about an important change.

If you need help working through a family issue or want to locate an LSS counseling office close to you, please call:



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.*

## Families ... all shapes, all sizes

We never outgrow our need for a solid family system that is genuinely concerned for our well-being, no matter what our age. Our family can be traditional or non-traditional. Most important, a healthy family provides us with love, acceptance, a sense of belonging and security.

### Check out your own family system:

- Is it a safe place to say what you think and feel?
- Do you support and affirm each other in important choices and goals?
- Do you respect and recognize the personal boundaries of one another?
- Do you make time to be together a high priority?
- Do family members share responsibilities?
- Can you ask for help from one another in working through your problems?

Sometimes you may feel your needs aren't being met in your family system ... or you're troubled about unspoken issues. You might want to discuss this with your family, your pastor, or with a Lutheran Social Service counselor at an office near you.

## Families ... all shapes, all sizes

We never outgrow our need for a solid family system that is genuinely concerned for our well-being, no matter what our age. Our family can be traditional or non-traditional. Most important, a healthy family provides us with love, acceptance, a sense of belonging and security.

### Check out your own family system:

- Is it a safe place to say what you think and feel?
- Do you support and affirm each other in important choices and goals?
- Do you respect and recognize the personal boundaries of one another?
- Do you make time to be together a high priority?
- Do family members share responsibilities?
- Can you ask for help from one another in working through your problems?

Sometimes you may feel your needs aren't being met in your family system ... or you're troubled about unspoken issues. You might want to discuss this with your family, your pastor, or with a Lutheran Social Service counselor at an office near you.