

Understanding the Traits of Healthy Families

Build Trust

Strong families build trusting relations by following through with promises.



Show Commitment

Strong families feel like a team. They share traditions like having a family picnic on the Fourth of July or taking walks together after dinner. Family members show commitment to the family by making time for family events and making sacrifices for one another.



Communicate

Members of strong families talk to one another about important decisions and daily plans. They discuss feelings as well as day-to-day activities at school or work. When there are conflicts, strong families take time to cool down before responding. They don't bottle up their anger or let it get out of hand. They talk about possible solutions to problems and work together to carry out the best solution.

Grow Through Crises

All families experience crises. Strong families use these experiences to learn and grow. They know even bad experiences can bring about good changes and help them to become closer. They admit problems instead of hiding them. They seek help when

needed.

Spend Time Together

Strong families spend time together, talking, reading, playing games, taking walks, cooking. Some special times involve closeness, like reading a good-night story and tucking children into bed with a kiss.



Have Fun as a Family

Strong families know that having fun is important and make plans to have fun together. They plan family trips or parties. Strong families know that laughter is important and use humor to help reduce stress. Family members laugh with one another, not at one another.

Show Love and Affection

No matter what children say or do, they need to know that their parents love them. Strong families show caring in many ways. Family members say to each other, "I love you" or "I'm happy we're in this family together." They give hugs and show affection in other small ways. They may call each other nicknames and enjoy remembering family stories.



Every family at some point may need assistance when they are not able to cope with the stress and challenges facing family members.

The Ben Gordon Center is a skilled provider in marital and family counseling. Our staff is experts in counseling for adults, children, teens and families.

Our staff has experience in working with individuals on a variety of mental health and substance abuse challenges including:

- Anxiety
- Depression
- Bi-Polar Disorder
- ADHD/ADD
- Divorce
- Family Counseling
- Couples and Marital Counseling
- Trauma
- Sexual Abuse
- Eating Disorders
- Alcohol Abuse
- Drug Abuse
- Autism



***For More information about Mental Health and Substance Abuse Services
Call 815-756-4875***

Or visit our Website at [www. Bengordoncenter.org](http://www.Bengordoncenter.org)

Ben Gordon Center, Inc. offers services on a sliding fee for those who qualify. Ben Gordon Center, Inc. also accepts Medicaid, Medicare, and all Insurance Plans. Ben Gordon Center, Inc. is a contract agency of the DeKalb County Community Mental Health Board Ben Gordon Center, Inc. is fully accredited by JCAHO, Illinois Division of Mental Health and the Division of Alcohol and Substance Abuse Services.

Trust the Experts in Behavioral Health™