



Parent-Teen Activity Series

Tip of the Month

Having a family postal service is a fun way to stay connected and surprise each other. Set up a mailbox for each person. You can send encouragement notes or letters addressing unresolved issues among family members. This can be a great way to express your feelings indirectly if you're having trouble with face to face communication. Remember to stuff the mailboxes with homemade cards on holidays and special occasions. "Care packages" of cookies and other treats can also be sent for special occasions!



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