

## WEEK ONE

Parents,

I want to give you a six week family resource to help with the COVID-19 quarantine. I hope it provide you with opportunities to connect with your family during this unprecedented time while you are all under the same roof.

This week's resources include an e-book and short video.

**CHANGE: How To Help Any Child With Any Problem At Any Age** is an e-book that practically helps parents lead their teenager through transition.

**Safe Place** is a brief video to inspire parents on how to grasp the role of being a safe space for their teenagers.

Click the links below to download your parent resources.

### **CHANGE E-book**

<https://ministrytoparents.com/youth/wp-content/uploads/2016/12/CHANGEeBook.pdf>

### **SAFE PLACE Video**

<https://vimeo.com/parentministry/review/175386740/27620ba3c5>

In the following weeks, you will receive games, technology packs, and more. Do you know other parents who could benefit? If so, pass on link and encourage others!

If you need anything at all, please do not hesitate to contact me.

Grateful,

Mark