

Developing Your Life Skills

This is the first of a series of nine mailings that can strengthen your ability to communicate well with those close to you (and yourself).

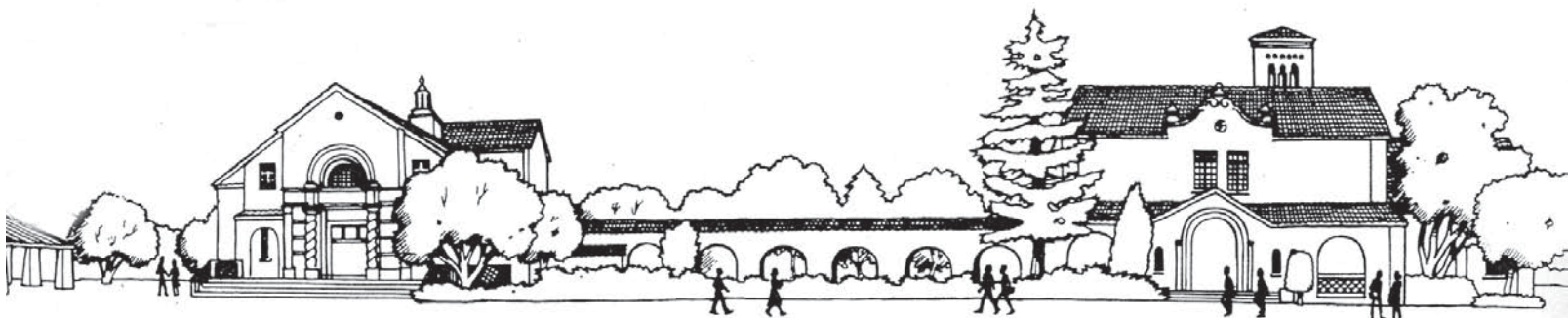
Many times families become blocked in their relationships by hurt, anger, mistrust and confusion. These blockages are natural and normal, and families are few who do not have at least a small collection of them.

But it is possible, with a few simple changes in the way we look at the world and deal with other people, to create happier, more stable relationships.

Families need to be units of mutual caring and support; they can be sources of life-long strength for the individual. It is never too late to begin the process of improving family relationships — even if they are already of good quality — by developing some simple skills.

As with learning to ride a bicycle, such skills once learned last a lifetime —and will enhance future personal (and professional) relationships. They are easy, and only take some thought, patience and a little time. Here are some ways to best use the Family LifeSkills program:

- Pass each tip sheet or newsletter around to each family member**, then post in a visible location, or leave them lying around. (Collect all eight that will be mailed to you.)
- Think to yourself about the issues covered: “How do they apply to my family situation or my life?”** Arrange times to discuss the ideas covered with friends and family members.
- Ask, “Would it be helpful or fun to try some of these out?”** It’s not enough to “know” the concepts; they need to be practiced!
- Think and talk about broader questions in your life, such as: “What do I want and need from family and other close relationships?”** “What specific things can I do to give others what they need?” (Try “putting yourself in the shoes” of other family members.)



Family

LifeSkills Program

25 Churchill Ave., Palo Alto, CA 94301

For information: (650) 329-3717

For help or Advice: (650) 327-TEEN; 327-3333

Developing Your LifeSkills

Family LifeSkills

Family LifeSkills is a program to strengthen and enrich how family members interact — with the purpose of making each person and the family as a whole as psychologically strong as possible.

It was developed originally by **Palo Alto High School** and the **Palo Alto Medical Foundation for Health Care, Research and Education**, and expanded to **Gunn High School**. It is now being co-sponsored by the **Palo Alto Weekly** and numerous other community organizations, with support from the California Family Foundation.

Watch for these brochures in the mail:

- Being an Anger Tamer
- Beyond the Blame Barrier
- The Power of Showing You Care
- Six Tricks of Communicating
- Taking Care of Business
- Taking Care of Yourself
- Being a Skilled Negotiator
- Family Problem-Solving

Crisis Resources

24-Hour Suicide and Crisis Line (Santa Clara County)
National Suicide Hotline

Teen Education and Crisis Hotline
Pregnancy Counseling (Planned Parenthood)

AIDS Hotline

Disabilities/Handicapped — Crisis Line

Domestic Violence/
Battered Women Hablamos Español

Rape Crisis 24-Hour Hotline

650-494-8420

1-800-SUICIDE

1-800-367-7287

1-800-230-PLAN

1-800-367-2437

1-800-426-HAND

1-800-572-2782

650-493-7273