



HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Families of Young Children

Conversations Starters #18: Getting Help with Family Problems

1. Who would you feel comfortable sharing our family problems with?
2. Is there anyone you currently share our family problems with?
3. Do you think we would benefit from a family workshop or retreat?
4. Would you feel comfortable talking with a counselor about family problems?
5. Is there anyone you would not want to seek help from?