

Positive Family Communication

Positive family communication is the foundation for developing strong family bonds. The traditional family comprised of a mother and father with 2.2 children is no longer the norm. The new definition of a family includes any combination of two or more persons who are bound together by ties of mutual consent, birth, and/or adoption or placement and who, together, assume responsibility for the care and nurturing of group members. Your EAP is an excellent resource to help foster positive family communication for all families.

Check out the Web!

Connect to www.dorris.com. Online articles in the Learning Center will help you run “family meetings”, and give strategies to ease the tension among siblings. In Family and Caregiving you will find communication tips for talking with your older adult relatives, and nurturing step-families. In Health and Wellness you will find resources to help you talk with your children about alcohol and drug use. Look for Skill Builder on –line seminars to provide strategies to enhance your communication skills in conflict situations and group interactions.

Robert T. Dorris & Associates Inc. will have other resources as well.

- The service is confidential.
- 24 hour telephone access to licensed mental health professionals.
- Referrals to local resources that match your needs

Call 1-800-367-7474

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