



Staying Connected!

Staying Connected Booklet

There are many reasons why we may not be able to be as connected to our family as we'd like. We live far away, family breakdown, isolation, travel for work etc..

This staying connected booklet invites family members to reflect and share their love for each other. If an opportunity arises, the journal can be shared with the other person to show just how much they mean to you.

Other Resources Available:

- [The Invisible String Book - Patrice Karst](#)
- [My Love for You is Everywhere - YouTube](#) (Children's book online reading)
- [Home | Family Relationships Online](#)
- [Support for family | Head to Health](#)
- [Raising Children Network](#)
- [Connect — 5 Ways To Wellbeing](#)
- [Kids Helpline | Phone Counselling Service | 1800 55 1800](#)

Remember family is anyone or anything you want it to be, you might want to stay connected to your immediate family, your extended family, your friend or community family!

DON'T FORGET:

Share your experience by commenting on the relevant Facebook post



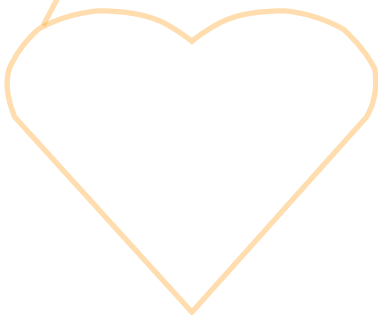
CatholicCareWollongong



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“People who love each other are always connected by a very special String, made of love. Even though you can’t see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.”

The Invisible String, Patrice Karst.



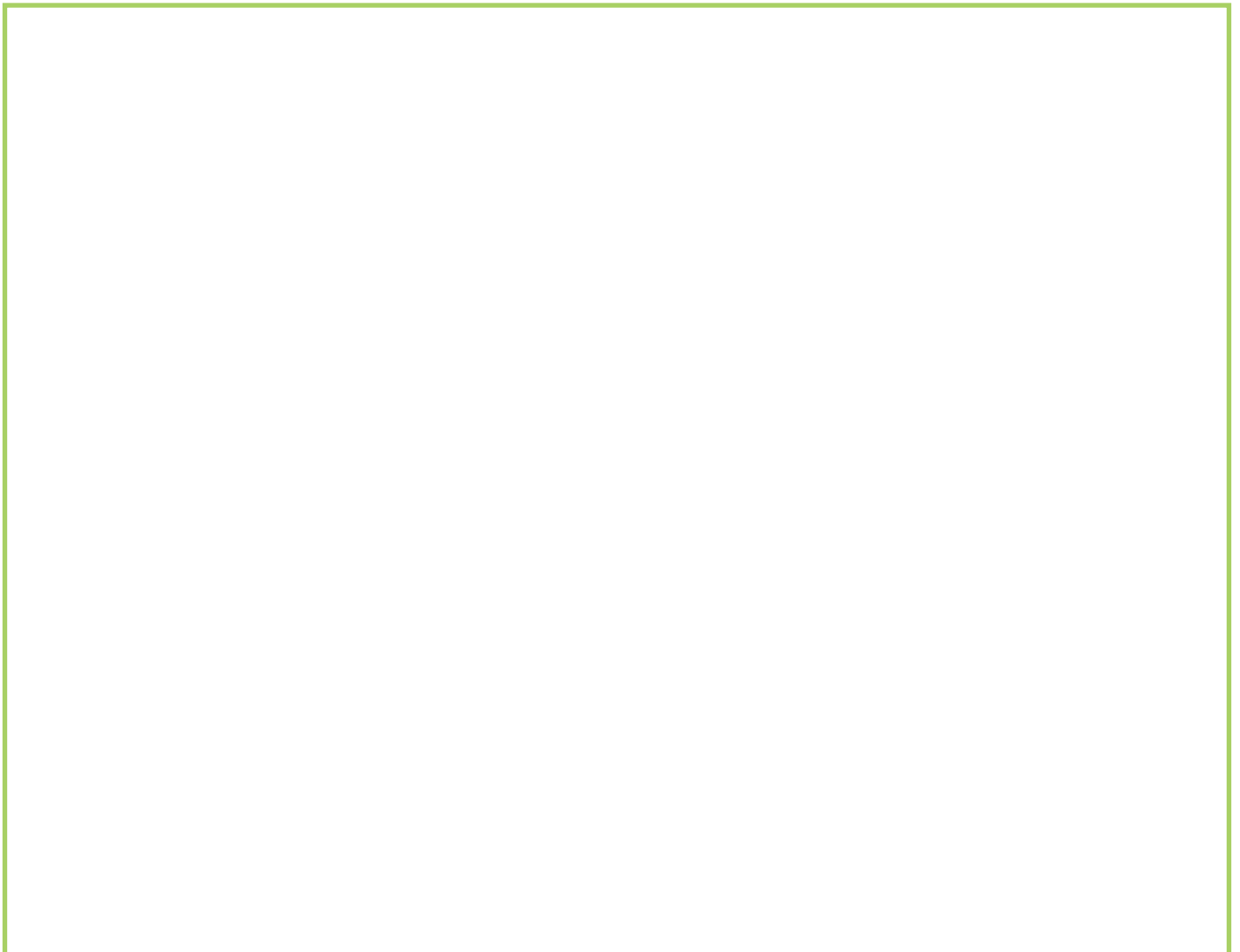
Who are you connected too?

To _____ this booklet is for you!

Even though we may not get to see each other as much as I would like, I am always thinking of you. You hold a very special part of my heart and we are always connected.

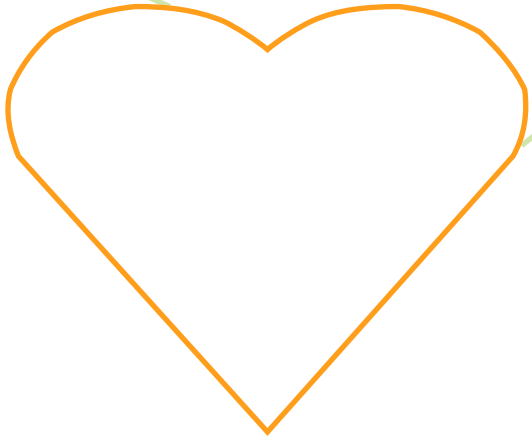
Love from _____

Draw a picture of who you are connected too



What I Love About You!

There are so many things I love about you...



My Favourite Memory of You!

I will always remember.....

Add a photo or draw a picture of your favourite memory



Get to Know Me!

My favourite colour is...

My favourite food is...

The activities/hobbies I love to do are...

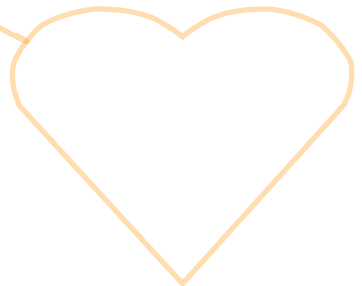
I love to read or watch...

If I could choose a superpower it would be...

The things that make me laugh are...

A Special Message From Me to You!

Below is a special message I want you to know...



Our Services.

CatholicCare is the social services agency of the Catholic Diocese of Wollongong, covering the Illawarra, Shoalhaven, Macarthur and Southern Highlands Regions. We support people to establish and build positive

relationships and connected lives. Our aim is to help people through difficult times to help them achieve self-reliance and realise their full potential. We also advocate for social equality and prioritise the needs of the most vulnerable.

CatholicCare is a local not-for-profit organisation committed to helping those in need regardless of religious beliefs, background or circumstances.

