

AGES & STAGES

Keeping Families Strong



The flavour of life can change.
Stages can be sweet, sour, or salty.

Life can be chaotic.
Use routines to simplify your life.

Be kind to yourself.
Consider how you care for yourself when times are tough.

Keep traditions alive.
There is value in connection.

Enjoy each stage.
It's not always easy, but appreciate the memories.