

Name:

Strengths/Needs Worksheet – Meetings 3 and 4

Now that you have completed Meetings 3 and 4, we would like you to think about your strengths and your needs, personal as well as family. For each bolded skill, please write an example of your strength and/or your need. You can provide as many examples as you'd like but please provide at least 3 strengths and 3 needs on the worksheet.

Skill	Activities	This is a strength for my family because....	This is a need for my family because...
1. Know your own family.	<u>Meeting 3</u> Helping Children with Healthy Grieving – Family Strengths and Needs		
2. Communicate effectively.			
3. Know the children.	<u>Meeting 3</u> Helping Children with Healthy Grieving – Case Examples		

Skill	Activities	This is a strength for my family because....	This is a need for my family because...
4. Build strengths; meet needs.			
5. Work in partnership.	<u>Meeting 4</u> String Activity		
6. Be loss and attachment experts.	<u>Meeting 3</u> Maturational and Situational Losses and Gains Lost Object Activity <u>Meeting 4</u> String Activity Imaginary Journey		
7. Manage behaviors.	<u>Meeting 3</u> Helping Children with Healthy Grieving – Case Examples <u>Meeting 4</u> Promoting, Building, Rebuilding and Supporting Attachments – Case Examples		

Skill	Activities	This is a strength for my family because....	This is a need for my family because...
8. Build connections.	<u>Meeting 4</u> String Activity Imaginary Journey		
9. Build self-esteem.			
10. Assure health and safety.			
11. Assess impact.			
12. Make an informed decision.	<u>Meeting 3</u> Helping Children with Healthy Grieving – Family Strengths and Needs		