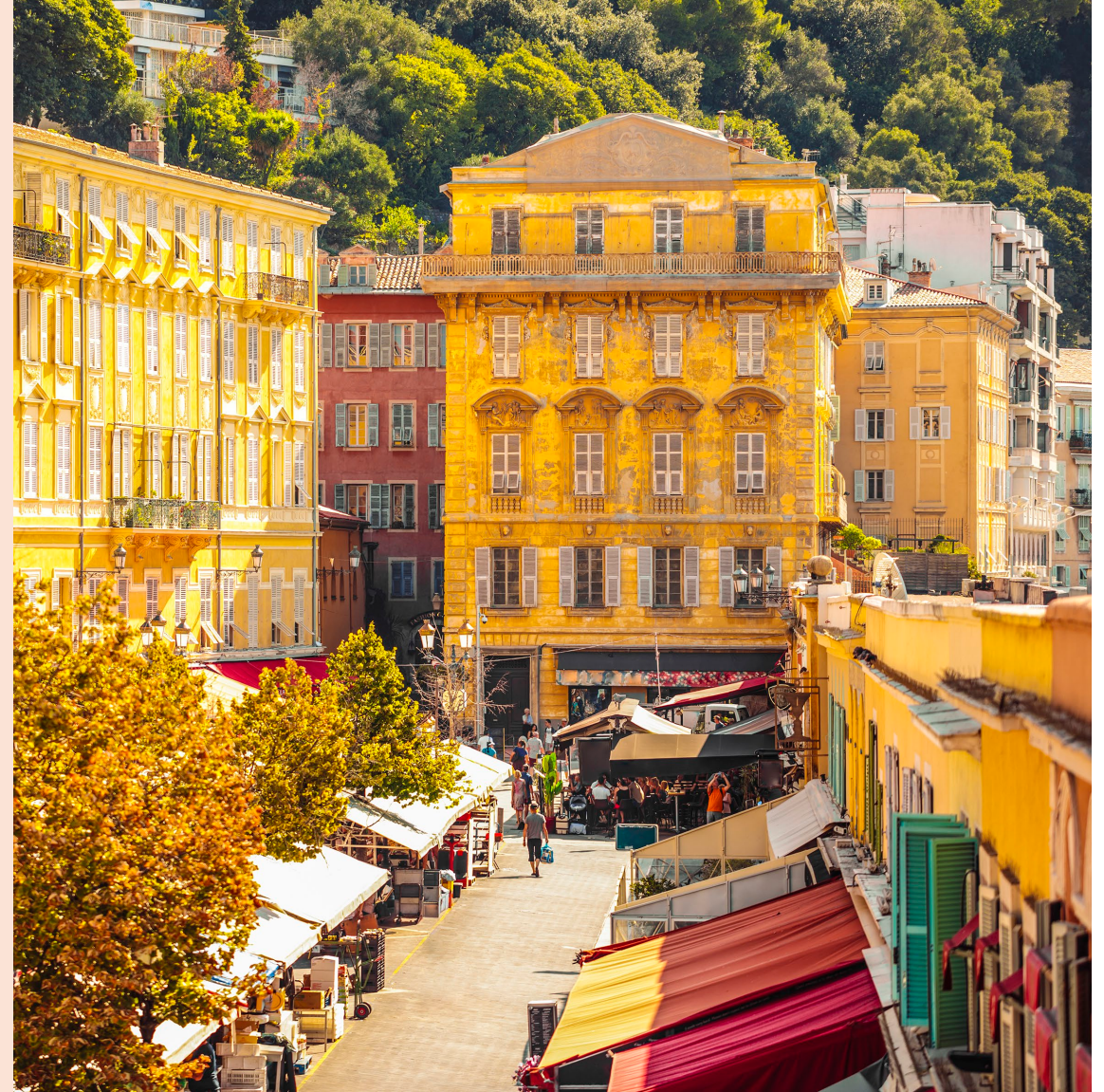




HOW TO BUILD YOUR VILLAGE

Presented by:
Sara Cranford, M.Ed,
RP, PMH-C

What does
“*it takes a
village*”
really mean?





BE A VILLAGER

Go where
the people
are

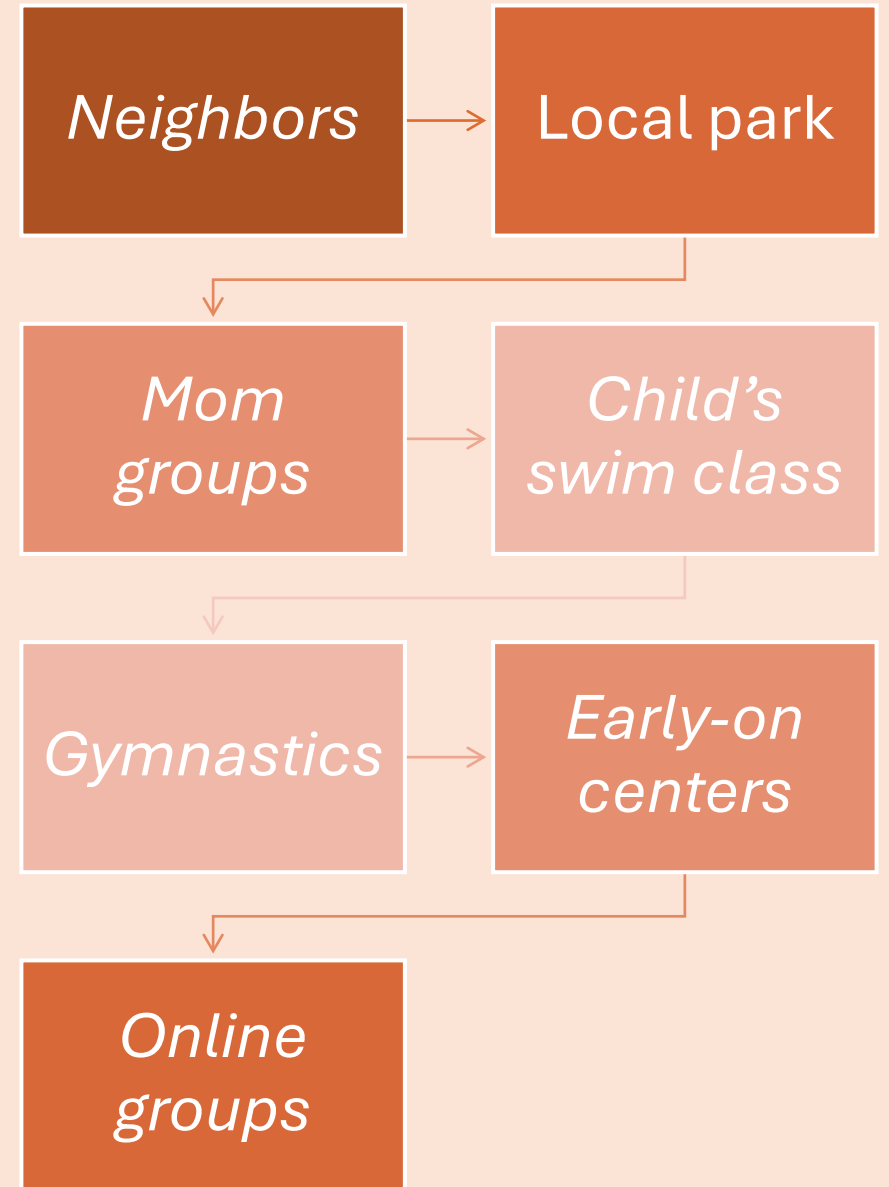
Show up

Give and
take

Be
vulnerable



THINK PROXIMITY



TAKEAWAYS

We were never meant to do this alone

We heal and thrive with meaningful connections with others

Beneficial for all stages of life

Barriers/challenges

Maternal mental health as best predictor for good outcomes in kids

Invitation

