

## METROCARE SERVICES GUIDEBOOK COPING SKILLS

The following strategies and suggestions have been specifically created to assist you in utilizing the songs and videos while working with your child.

### **It's Alright to Ask for Help**

- We all need help sometimes. How do you feel about asking for help?
- How do you feel about helping others?
- Who can we ask for help?
- What are three ways you can help a friend?