
Stress Point Support

**Tools to foster family connection,
support faith, and promote mental wellness**

Dear Friends in Christ,

March is here! While we have passed the one hundred days of school mark, there is a long way to go before summer. School attendance often drops in March. Illnesses are still spiking. In parts of the country, unpleasant weather continues. Whether you call it the spring slump or something else, March can be a tough time. Stress Point Support activities are designed to help families navigate stressful seasons while supporting their spiritual, emotional, and mental well-being.

You may consider sharing or using one or more of the following March Stress Support resources:

- The *Parent and Caregiver* page with encouraging seasonal tips
- The *Seasonal Suggestions* page with information about childhood development and practical ideas to support children in different stages
- The *Family Activities* page, which focuses on traditions and ideas for the whole family

Together, we can turn to the Lord this March and this Lent. We can trust that he always walks with us. He sees our efforts and knows both our struggles and joys.

With prayers for you and for families in this season,
Your friends at RCL Benziger

“In the family, faith is handed on together with life... It is shared like food at the family table and like the love in our hearts. In this way, families become privileged places in which to encounter Jesus, who loves us and desires our good, always.”

Pope Leo XIV, Homily, June 2, 2025