

# THE SCIENCE OF FAMILY CONNECTION

DEVIN ASHBY

Family History is now a multibillion-dollar industry and science is playing a greater role each year. DNA kits help us uncover our family stories and additional research is helping us understand how connecting to our family stories can help children and adults cope with the effects of stress, anxiety, depression, and build resilience. Come learn more about why family connection matters.

HOW WOULD YOU DESCRIBE YOUR FAMILY?



CONNECT WITH YOUR FAMILY

"Pull up your dinner table... and talk about your family and build family connections! That's what's most important."  
-Devin

FIND SAFE PLACES TO SHARE

"A key element . . . "for both the teller and the listener, is the sharing of positive moments, alongside the ability to bounce back from difficult ones."

-Martha Driessnack

DOCUMENTING FAMILY CONNECTION

"The single most important thing you can do for your family may be the simplest of all: develop a strong family narrative."

-Bruce Feiler

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