



## Families and Change: Coping with Stressful Events

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# Families and Change: Coping with Stressful Events

## **Families and Change: Coping with Stressful Events**

All families face problems, crises, transitions and change. Some problems, like illness, family and work stresses, and death, are predictable. Others, such as divorce, homelessness and substance abuse, may or may not touch individual families.

The contributors to this volume outline the most common problems that the contemporary family faces. The major points of contention, explanatory theories and research knowledge about these topics are developed and some key preventive, therapeutic and policy strategies are suggested.

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