

Don't Get Lost, JUST ASK FOR DIRECTIONS



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"A traveler who asks for directions rarely walks astray."



African Resource Center of West Michigan
Grand Rapids, Michigan



*Our elders say,
“A traveler who asks for directions rarely walks astray.”*

*Life offers many roads. Some seem easy.
Some are hard to navigate. Some feel lonely.
Others overflow with exciting possibilities.
But no matter the path, a traveler must find the way home.*



*Even the most seasoned travelers
can lose their way when walking alone.
Life often feels like a long and winding journey.
Sometimes things fall into place.
Sometimes... they don't.*





*We may lose our way through poor choices
—decisions that lead us into trouble or steer us off course.
Other times, we lose our way through no fault of our own.*



Unexpected storms.

Illness.

Job loss.

Grief.

None of these makes us weak.

But they can leave us feeling stranded.

*You don't have to walk alone.
Asking for help isn't weakness—it's wisdom.
A wise traveler knows when to walk alone...
and when to ask for direction or a companion.
Life can be overwhelming.
But we have each other to lean on.*



*Find a trusted adult, mentor, or counselor.
Share your concerns. Let someone walk with you.*

*Emotional distress can feel like
wandering through a forest with no map.
Without a caring friend, it's easy to get lost.
So talk to someone.*





When life feels heavy, speak up.

Find a spiritual or social community.

Let them know what you're going through.

You don't have to figure it out alone.

Asking for help isn't a weakness; it is courage.

*The traveler who asks receives a map,
shares a laugh, and helps others along the way.
The road may still be foggy and winding,
but you are not alone.*



There are other travelers ready to walk beside you:

A counselor.

A peer.

A faith leader.

A sibling.

Parents.

Healing begins with a single step—speaking up.





Don't walk alone.

Talk to someone.

You matter. Let's walk together.

Remember:

A traveler who asks for directions rarely walks astray.

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Portions of this handbook and its accompanying video—including draft text, images, and narration—were generated with the assistance of AI tools.

The final message and all editing decisions reflect the lived experience, values, and creative guidance of the African Resource Center of West Michigan’s media team.

Appreciation:

We gratefully acknowledge the **Grand Rapids Community Foundation** for their generous support of the African Resource Center’s Health and Wellness Project. Their partnership strengthens our mission to promote culturally responsive care and community well-being. Thank you!

