



# Survival Skills For Healthy Families

Parent Education Workshop

## Survival Skills For Healthy Families:

- Builds on strengths
- Shows a model for healthy, productive ways to do things in our families
- Points a direction, a roadmap for parents and children to work together as a team
- Strengthens family relationships-improves communication, empowers all members
- Allows families to learn (and laugh) together-parents and children attend sessions together
- Teaches and builds on skills
- Demonstrates that learning can be fun, interesting and relevant

**Survival Skills For Healthy Families** bring families closer together, and promote a network of positive communication that builds balance between work, school, and family.

- Sessions are for-registered-adults and their children-9 years and older.
- Childcare is provided free-with a reservation-for children-8 years and younger.



## Session Topics:

### **January 19-**

Parents as Leaders

### **January 26-**

Parents as Models

### **February 2-**

Children in Healthy Families

### **February 9-**

Adults Working Together in Families-  
Adult Relationships

### **February 16-**

As Children Grow-Change in Healthy Families

### **February 23-**

Solving Family Problems

### **March 1-**

Passing On Your Values To Your Children

## When: Thursday Evenings

January 19, 26, February 2, 9, 16, 23, March 1  
(Class meets once a week for 7 weeks)

## Where: St. Mark Presbyterian Church

208 West Bandera, Boerne

## Time: 6:30 – 8:30 p.m.

## To Register Call: (830) 537-6367

(Family Matters Education)

(Monday through Friday from 9:00 am – 4:00 pm)

Or On Line At: [www.familymatterseducation.com](http://www.familymatterseducation.com)

## Free childcare is available with a reservation

## All participants must be registered to attend

Register early, space is limited, class fills quickly

**WORKSHOP IS FREE OF CHARGE**

**AND OPEN TO THE PUBLIC**

## Join the group-benefit and learn from this awesome educational experience:

- *"I'm a kid from a divorced family and I always had to deal with stress. This class has helped me deal with it in many ways, and my mom is happier too."* - Ten-year-old, Orion
- *"This is an awesome workshop that brought our whole family to a more workable and peaceful place. I am very thankful we had the opportunity to attend."* -Tammy, married, working mother of two
- *"This class encouraged children to 'open-up' and see they are valuable individuals and they feel more empowered to 'have a voice'."* -Mary, grandmother, supporting teenage grandchild
- *"After the class, I found that the things I always wanted to tell my mom, I actually could because now I wasn't afraid of her judging me or distrusting me."* -Casey, high school student
- *"My family was falling apart with stress with three children and one parent. With the skills I learned, I was able to bring calm and fun back into our home. Thank you so much."* -Martina, single, working mother of three
- *"This course has taught me that it is not too late to learn and teach and that I can be a leader even if I only lead myself; my opportunities to teach my kids is shrinking, the opportunity is NOW!"* -Brad, married, working father of two