



Winter 2008 Program List

The Family Life Council is once again busy offering programs for couples, single adults, youth, and parents. These are just a few of the opportunities available. Visit our website at www.flcgso.com or call 333-6890 ext. 221 with questions or to register for any of these programs.

10 GREAT DATES TO ENERGIZE YOUR MARRIAGE: Discover how much fun strengthening your relationship can be! This proven approach to relationship growth is low key, purposeful, effective and fun. Wednesdays, January 9, 16, 23, 30, and February 6, 2008, from 6:30-7:30pm at Westminster Presbyterian Church, 2609 W. Friendly Avenue. \$10/person. Facilitator: LaMonica Mitchell.

SEXPLANATIONS : DON'T WAIT UNTIL THEY ASK

Parents are the primary sexuality educators for their children. This workshop for parents of preteens and teens will provide tips on how and when to get started and communication techniques to keep the dialogue going. Sunday, January 13, 2008, 5:00-7:00pm, at First Baptist Church Greensboro. \$5/person. Facilitator: Rebecca Starnes, MS.

POSITIVE PARENTING

Positive Parenting is a six week series designed for parents of school aged children. The goal of the program is to enhance basic parenting techniques and improve communication between parents and children. Those who are seeking to retain or regain custody of their children are primary referrals. Tuesdays, January 15-March 18, from 5:30-7:00pm. \$20/person for the entire program. High Point Health Department, 50 East Green Drive, High Point. Call Sebrina Cooke Davis at 336-333-6890 ext. 229 to register.

SURVIVAL SKILLS FOR HEALTHY FAMILIES: Family connections are as important as ever, but hectic schedules and life stresses can get in the way. Parents with children of all ages are invited to learn new strategies and practice old ones to build strong family relationships. Wednesdays, January 16, 23, 30, February 13, 20, and 27, 2008. Sponsor and location: First Baptist Church - Greensboro, 1000 W. Friendly Avenue, Greensboro, NC. \$10/person for all 6 weeks. Facilitator: Rebecca Starnes, MS.

HOW NOT TO MARRY A JERK – LUNCH AND LEARN: This exciting workshop for single women will focus on knowing what to look for in a person you are dating and on how to create a healthy and strong relationship from the beginning. Thursday, February 7, 2008, Noon-1:30, at the Women's Resource Center, 628 Summit Avenue, Greensboro, NC. \$5/person.

8 HABITS OF A SUCCESSFUL MARRIAGE: A blueprint for creating a successful relationship is laid out in this program for engaged and married couples. The strategies are practical for creating and maintaining a strong and satisfying relationship that can withstand time and trials. This program was created by the Franklin Covey organization. Thursdays, February 21, 28, March 6 and 13, 2008, 7:00-9:00pm at the Greensboro Women's Hospital, 801 Green Valley Road. \$25/couple. Pre-registration is required. Facilitator: Rebecca Starnes, MS.

BOOT CAMP FOR PARENTS OF TEENS: Attention! Are you preparing to battle your adolescent through their teenage years? If so, then cease fire. Do an "about face" and "fall in" for this training for parents of 6th-12th graders. Wouldn't you rather be "at ease" with teen? Wednesdays, March 5, 12, 19, April 2, and 9; from 6:30-7:30pm. Location and sponsor: Christ United Methodist Church, 410 N. Holden Road. No cost for the program, \$15 optional parent handbook. "Drill Sergeant": Rebecca Starnes, MS.

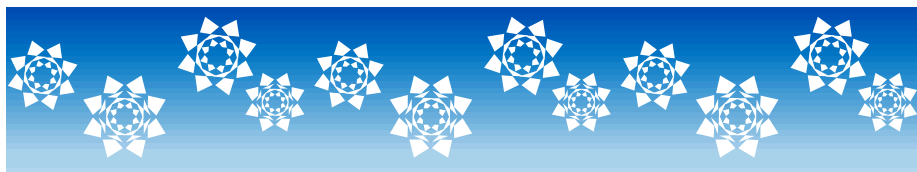
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ACTIVE PARENTING FACILITATOR TRAINING: Learn to lead workshops for parents to support healthy and successful parenting. This one-day training will equip you to lead either [Active Parenting NOW](#) or [Active Parenting of Teens](#). Early Bird cost is \$139 if registered April 10, 2008; the cost after that is \$149. Call Active Parenting Publishers at 1-800-825-0060 to register. Thursday, May 1, 8:30am-4:00pm.

24/7 DADS™

24/7 Dad is a 12-session best practice program that works to create "24/7 Dads" who enhance the well-being of their children by being an integral part of their lives physically, emotionally, spiritually and intellectually 24 hours a day, 7 days a week. This program is made possible by a grant to Family Life Council from the North Carolina Department of Social Services and we are pleased to share it with our community. For more information please contact Walter Johnson at 336 333-6890 ext. 234

PARENTING CHILDREN OF DIVORCE continues to be offered at least twice each month. Participants learn how to help children cope positively with their parents' separation or divorce. For a complete schedule, call the Family Life Council or visit www.flcgso.com.



Family Life Council educators can lead a program at your organization for youth, couples, or parents. Possible programs include all of the above topics as well as Tough Topics and Scary Stuff, Sexplanations: Don't wait until they ask (designed either for school aged children or adolescents), and PREP: Fighting For Your Marriage. We can also design a program tailored to your groups' needs.

Call us today to schedule *your* event!

336-333-6890 ext. 221