

# The Newsletter of



## From the Desk of the President

April 2006 – August 2006

### Dr. Edward B. Fort

The Marriage Resource Center continues to provide high-quality marriage preparation and marriage enrichment programs throughout the county. I am especially pleased to announce the 2<sup>nd</sup> *African-American Healthy Marriage Summit* to be held on Friday, April 7<sup>th</sup> and Saturday, April 8<sup>th</sup>, 2006 at Mt. Zion Baptist Church, 1301 Alamance Church Road, Greensboro. This exciting 2-day summit will celebrate healthy relationships within the African-American community by examining the strengths of black families and building skills to keep marriages healthy and families on a firm foundation.

The Friday night session runs from 7:00 to 8:30 p.m. and will feature an uplifting program on the power of black families, the importance of marriage today, and a performance by the Family Life Council's *Husband and Wife Choir*. This evening session is free and open to the public.

The Saturday schedule, from 8:00 a.m. to 4:30 p.m., offers over 25 workshops on marriage, relationships, and family wellness for both married couples and singles, and concludes with a Renewal and Dedication Ceremony. The keynote address will be delivered by Carlis Williams, Southeast Regional Administrator for the Administration for Children and Families, who will speak on "**African-American Marriage: Why It Matters.**"

On line registration for the event can be found at [www.gcmarrriage.org](http://www.gcmarrriage.org). Pre-register today to confirm your space. We look forward to seeing you there.



### Join us for the 2006 African American Healthy Marriage Summit

*"African-American Marriage: Why it Matters"*

Friday, April 7<sup>th</sup>, 7:00 – 8:30 p.m.

Saturday, April 8<sup>th</sup>, 8:00 a.m. – 4:30 p.m.

This year's Summit will offer over 25 workshops on marriage, healthy relationships, and family wellness designed for both singles and married couples.

#### Marriage Preparation workshops will include:

- Avoiding Baby Mama/ Baby Daddy Drama
- How Not to Marry a Jerk (Jerkette)
- Boundaries in Marriage

#### Marriage Enrichment workshops will include:

- Keeping Love Alive
- Mending Hearts
- Marriage & Money
- Mental Health Problems and Marriage
- Building a Successful Stepfamily
- Parenting Children Together

#### Marriage Ministry workshops will include:

- Tools for Marriage Ministries
- Getting Help for Troubled Marriages
- Keeping Your Marriage Strong While Ministering to Others

### What's inside

Workshops/Trainings

Family Life Council: Then & Now

We Want You

Page 2 & 3

Page 4

Page 4

Life Skills for Today's Families

# 2006 WORKSHOPS/TRAINING

Call 333-6890 ext. 221 to register.

For those unable to pay the program fee, limited scholarships are available.

## PARENTING CHILDREN OF DIVORCE - GREENSBORO

Attend this program to learn more about how to help children cope positively with their parents' separation or divorce. This program is for parents, but is also appropriate for stepparents and grandparents. Each session is led by an attorney and a mental health professional. Pre-registration is required.

**Thursday classes 7:00 - 9:00pm**

**Saturday classes 8:30am - 12:30pm**

**\$35.00/person per series**

**Dorothy Bardolph Building, 2<sup>nd</sup> Floor Board Rm**

**Saturday, April 1**

**Thursdays, April 20 & 27**

**Saturday, May 6**

**Thursdays, May 18 & 25**

**Saturday, June 10**

**Thursdays, June 15 & 22**

**Saturday, July 15**

**Thursdays, July 20 & 27**

**Saturday, August 12**

**Thursdays, August 17 & 24**

## NEW \*\*PARENTING CHILDREN OF DIVORCE - JAMESTOWN\*\*

The *Parenting Children of Divorce* program taught for more than 17 years in Greensboro, is now held in Jamestown! Location: GTCC, Jamestown Campus, **Guilford Room, 601 High Point Road**  
**Saturday, April 29 8:30am - 12:30pm**

## ACTIVE PARENTING NOW

Happy families aren't born.... they're made one day at a time. This series is designed for parents of children ages 5 to 12. This program combines video, activities and discussion to help you raise responsible, cooperative children. Co-sponsored by the Kathleen Clay Edwards Family Library.

**Thursdays, April 20, 27, & May 4, 6:00 - 8:00 p.m.**

**Kathleen Clay Edwards Family Library,  
1420 Price Park Drive**

**Cost: \$30.00 workbook fee**

**Presenter: Emilie Gottsegen, C.F.L.E.**

## POSITIVE PARENTING

Parents, stepparents and grandparents will learn effective, creative and positive strategies for raising children.

**Cost: \$20 per series**

**Monday evening series 6:00 - 7:30pm**

May 1, 8, 15, 22 and June 5 & 12, 2006

**Dorothy Bardolph Building, 2<sup>nd</sup> Library**

**301 E. Washington Street**

**Presenter: Sebrina Cooke-Davis, Family Life Council**

## GROWING UP...ONE STEP AT A TIME

Cost is \$5 for childcare credit (1.5 hrs) and pre-registration is required.

### Leading From the Middle

You don't have to be the director of a childcare center to be a leader. If you are a staff person and interested in this idea, invite your director to come with you.

**Tuesday, May 2<sup>nd</sup> 6:30 - 8:00pm**

**Hemphill Library 2301 W. Vandalia Road**

**Presenter: Mary Lou Dickey, Family Life Council**

### Talking With Young Children About Sexuality

This training is particularly helpful in teaching staff what to say to parents who need the RIGHT answer for their little ones "surprising" questions.

**Tuesday, June 6 6:30 - 8:00pm**

**Benjamin Branch Library 1530 Benjamin Parkway**

**Presenter: Rick Brown, Family Life Council**

### Discipline for Home and School

This program will cover the basics of effective discipline based on the nationally-acclaimed Active Parenting series.

**Tuesday, July 11 6:30 - 8:00pm**

**Benjamin Branch Library 1530 Benjamin Parkway**

**Presenter: Emilie, Gottsegen, MS, Family Life Council**

## FATHERS MATTER

The Family Life Council recognizes the important role of fathers, grandfathers, uncles and "father figures" in the lives of children. Children who have a positive male role model make better grades, have better behavior, are less likely to take drugs and to drop out of school. These programs for fathers are free but pre-registration is required.

**6:30 - 7:30pm Dinner 6:00 - 6:30pm**

**Dorothy Bardolph Building, 2<sup>nd</sup> Floor Board Rm**

**301 E. Washington Street**

**Presenter: Walter Johnson, Family Life Council**

### Lifting Yourself By Lifting Others

Monday, April 24, 2006

Win-Win Problem Solving

Tuesday, May 30, 2006

## WHEN PARENTS DISAGREE

When Mom sees things one way and Dad sees it another, what can be done to keep peace within the family and resolve the issue? This program will offer tips for working as a team while honoring the different perspectives and strengths of both parents.

**Wednesday April 26<sup>th</sup> 6:30-7:30 p.m.**

**First Presbyterian Church, 617 N. Elm Street**

**Facilitator: Rebecca Starnes, M.S.**

Life Skills for Today's Families

# 2006 WORKSHOPS/TRAINING

Call 333-6890 ext. 221 to register

For those unable to pay the program fee, limited scholarships are available

## **AFRICAN-AMERICAN HEALTHY MARRIAGE SUMMIT**

This two-day summit is designed to celebrate healthy relationships within the African-American community and examine the characteristics that are unique to these families. The latest research and over 25 workshops will be offered to help couples and singles build healthier relationships and stronger families. The Friday night session is an inspirational program on the power of black families and will feature a performance by the Family Life Council's *Husband and Wife Choir*.

Friday, April 7<sup>th</sup> from 7:00 – 8:30 p.m.

**Celebrating African-American Families**

Saturday, April 8<sup>th</sup>, 8:00 a.m. – 4:30 p.m.

**African-American Marriage: Why it Matters**

Mt. Zion Baptist Church, 1301 Alamance Church Road

### Registration Fees

The Friday evening program is free and open to the public.

#### **Before March 25th**

Couple: \$25/couple

Singles: \$15/person

Groups: \$10/person for groups of 8 or more

Vendor: \$60/business \$100/corporation

#### **After March 25<sup>th</sup>**

Couples: \$35/couple    Singles: \$20/person

Call 333-6890 ext. 221 for a brochure or visit our website at [www.gcmarrriage.org](http://www.gcmarrriage.org) to register on-line.

## **HOW TO START A MARRIAGE MENTORING PROGRAM**

What is marriage mentoring and how can it be used to support healthy marriages? Attend this workshop to learn about the options available to organizations and strategies for creating a successful program.

**Thursday, June 15<sup>th</sup>      7:00 – 8:30pm**

**Location TBA:**

**Cost: \$15/person**

**Facilitator: LaMonica Mitchell, Family Life Council**

## **TALKING WITH CHILDREN ABOUT SEXUALITY – FOR PARENTS OF 7-9 YRS**

You may not believe it... but children and teens report that their parents are the primary and preferred source of information about sexuality. Getting practice discussing sexuality while your children are still young makes it much easier when they are teenagers.

**Wednesday, May 24<sup>th</sup>      6:30-7:30 p.m.**

**First Presbyterian Church, 617 N. Elm Street**

**Facilitator: Emilie Gottsegen, M.S**

## **COUPLE COMMUNICATION**

One challenge facing all couples is effective, positive, and satisfying communication. While we often take communication skills for granted, making the time to refine our skills leads to stronger, healthier relationships. Engaged and married couples should attend this program to make their relationship the best it can be.

**Saturday, June 3<sup>rd</sup>      9 a.m. -1:00 p.m.**

**Dorothy Bardolph Building, 2<sup>nd</sup> Floor Board Rm**

**Cost: \$35/couple**

**Facilitator: Rebecca Starnes, MS**

## **BASICS OF EFFECTIVE DISCIPLINE**

Sometimes it seems there are more people giving advice about how to raise children than there are children. How can you discover real strategies that will be effective with your child? Attend this workshop to hear what approaches will help you be the most effective parent you can be.

**Wednesday, April 5<sup>th</sup>      6:30-7:30 p.m.**

**First Presbyterian Church, 617 N. Elm Street**

**Facilitator: Emilie Gottsegen, M.S.**

## **LIFE AFTER BIRTH**

A new baby brings many changes and can stress even the best of marriages. This program will offer ways to be an A+ parent and partner.

**Wednesday, May 3<sup>rd</sup>      6:30 – 7:30 p.m.**

**First Presbyterian Church, 617 N. Elm Street**

**Facilitator: Rebecca Starnes, M.S.**

## **HOW NOT TO MARRY A JERK (JERKETTE)**

Designed for singles, this fun workshop will help you follow your heart in relationships without losing your mind! Find out how to steer clear of “jerks” (both male and female) and create a healthy and strong relationship by discovering the bonding forces that must be kept in balance as a relationship grows. Co-sponsored by the Women’s Resource Center.

**Thursday, June 29<sup>th</sup> , 5:00-7:00pm**

**The Women’s Resource Center, 628 Summit Avenue**

**Facilitator: Rebecca Starnes, MS**

## FAMILY LIFE COUNCIL – THEN & NOW

Successful people aren't just born that way, they are made - with the help of good parenting and guidance from other responsible adults in a community. **Family life and parent education is a vital investment in the well-being of our families.** As the needs of families have become more diverse, Family Life Council has grown and expanded our family life education programs to meet those needs right here in Greensboro. Our programs and services have been some of the first of their kind not only in Guilford County, but across America as well. Over the past 38 years, Family Life Council's programs have become more varied but our mission has stayed consistent: to provide accessible, high quality parenting and family life education programs for youth and adults. We remain the ONLY agency in Guilford County focused on preventing family problems. Here are some interesting facts about the agency - then and now:

FISCAL YEAR	1986	2004 - 2005
# of staff people	3	19
# of program sessions	119	2,168
# of people served	3,588	11,735
Total agency budget	\$80,198	\$1,091,252
United Way \$	\$85,000	\$214,769
United Way \$ as % of FLC Budget	106%	20%
Government grant funds	\$7,000	\$533,888
Other grant funds	\$3,000	\$235,546
Grant Funds as % of FLC Budget	12%	71%
Contributions, etc.	\$3,906	\$35,246

### WE WANT YOU

The Family Life Council has many exciting opportunities for volunteers to contribute to the growth and development of our agency and its programs. Programs and trainings, such as *How Not to Marry a Jerk*, *Marriage Breakthrough*, *Keeping the Love Alive*, and *Couple Communication*, offered through the Marriage Resource Center reached 2,036 individuals last year. In addition, our *Wise Guys* program reached 1693 middle school boys in our community last year. If you are interested in serving on Family Life Council's Board of Directors or any of our Advisory Committees please call Cindi Dorman, Executive Director at 333-6890 ext. 224. Advisory Committees include:

- Guilford County Marriage Resource Center
- *Wise Guys* Advisory Committee
- Pratto Family Life Scholarship Committee
- *Parenting Children of Divorce* Committee
- Marketing Committee



Non-Profit Org.  
US Postage  
**PAID**  
Greensboro, NC  
Permit No. 368

301 E. Washington St., Ste.204  
Greensboro, NC 27401  
(336) 333-6890  
Fax: (336) 333-6891  
Email: [info@flcgso.com](mailto:info@flcgso.com)  
Web: [www.flcgso.com](http://www.flcgso.com)  
[www.wiseguysnc.org](http://www.wiseguysnc.org)  
[www.gcmarriage.org](http://www.gcmarriage.org)



# Life Skills for Today's Families