

# Survival Skills For Healthy Families

Parent Education Workshop

## Survival Skills For Healthy Families:

- Builds on strengths
- Shows a model for another way to do things in our families
- Points a direction, roadmap for parents and families for how to make their families work
- Strengthens family relationships
- Allows families to learn together
- Teaches and builds on skills
- Demonstrates that learning can be fun, interesting and relevant

The survival skills that will be taught bring families closer together, and include extended family members and or friends into a network of positive communication that builds balance between work, school, and family.

- Sessions are for-registered-adults and their school age children (6 years and older)
- Childcare is provided free-with a reservation-for younger children (5 and younger)

## When: Thursday Evenings

Oct. 15, 22, 29, November 5, 12, 19

(Class meets once a week for 6 consecutive weeks)

## Where: St. Mark Presbyterian Church

208 West Bandera, Boerne

Time: 6:00 p.m. – 8:00 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

Must be registered to attend

**WORKSHOP IS FREE OF CHARGE**

**AND IS OPEN TO THE PUBLIC**

**Training Hours Awarded**

## Session Topics:

**October 15-**

Parents as Leaders

**October 22-**

Parents as Models

**October 29-**

Children in Healthy Families

**November 5-**

Adults Working Together in Families-  
Adult Relationships

**November 12-**

As Children Grow-Change in Healthy Families

**November 19-**

Solving Family Problems

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

- Learn steps for effective discipline.
- Explore how to make rules that are positive and specific. Rewards and consequences help enforce rules.
- Explore how adults have to agree on the rules and consequences and support each other in enforcing them.
- Practice actions that help parents stay in charge.
- Learn alternatives to physical punishment.
- Examine ways to develop self esteem in children.
- Identify ways to show love to children.
- Discover ways to encourage and support children.

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Survival Skills Workshop is sponsored by: Kendall County Child Services Board

Workshop facilitated by: *Family Matters* parenting instructor, Geri Clouse  
and *Partners In Time* parenting instructor, Carolyn Lester