



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY HOME

**Christian Emphasis
Fall 2017**



Christian Emphasis Programming We hope to provide you with opportunities to grow spiritually in all areas of your life. This fall learn about healthier approaches to your marriage and to parenting.

Adding Life to Your Parenting This fall you have an opportunity to grow as a parent with Tierney Boggs PCI, certified parent coach, of Be Still Parent Coaching, through two nights of large group teaching and interactive discussion. Childcare can be used by members of the Y and everyone is welcome. Please register at the Welcome Center. Snacks and drinks will be provided. Classes will be held in Multi Purpose Room 2.

Too Busy for Authenticity: Mastering the art of being still

Through this workshop, we will explore how God envisioned parents to be still within our demanding culture. We will discuss how the enemy disguises himself in distractions and needs versus habits in our crowded schedules. We can find our authentic selves when our actions align with our values. Inspired by Psalm 46:10.
September 25, 6:00 -7:30 p.m. \$10/person or married couple

What We Focus on Grows: Being intentional about what we see in our children

Through this inspiring and energizing discussion, we will look at the benefits of learning and focusing on our and our children's strengths. We will explore the power our words possess in creating our perspective—our sense of what is true, good and possible. By affirming our children's strengths, they will effortlessly and freely grow in a positive way. Inspired by Philippians 4:8-9.
September 28, 6:00-7:30 p.m. \$10/person or married couple

Maximizing Your Marriage- Crosswinds Counseling is pleased to offer the following interactive, educational seminars and classes as they seek to help individuals and families reclaim control, restore relationships and rebuild hope. Their seminars are informative, thought provoking and entertaining, as well as offering an emotionally supportive and interactive experience for those who attend. The seminars are facilitated by Crosswinds Therapists and/or Family Coaches. This six month course by Crosswinds will include various assessments and exercises addressing the topic covered each month. This seminar takes place in the Parkview Warsaw YMCA Multi-Purpose Room 2, 6:00-7:30 p.m., the 3rd Wednesday of each month from September 2017 to March 2018 (we will not meet in December).

Register at: <https://app.etapestry.com/cart/LifelineYouth/cart2/index.php>

Cost for everyone: \$10/person/seminar or \$50/person for all 6 seminars. Sessions are open to both individuals and couples.

Communication 101- Wednesday, September 20 Healthy communication basics, expressing feelings and the when, where, why and how to communicate.

Resolving Issues and Fighting Fair- Wednesday, October 18- Healthy conflict management, compromising, how to keep calm and the next steps.

Parenting with Boundaries- Wednesday, November 15- For parents of pre-adolescents or adolescents to be empowered and equipped to succeed and enjoy the adventure of these challenging years.

Love Languages- Wednesday, January 17- Reduce interpersonal stress by learning how to better understand your partner and connect interpersonally within your family.

Effects of Trauma and Stress on Children- Wednesday, February 21- Become aware of and understand how trauma or stress can affect your children so that you can respond in a compassionate and empathetic way.

Forgiveness- Wednesday, March 21- Understand this vital component of emotional, spiritual and relational health. Grow in understanding how to forgive.

Contact Matt Goebel at mgoebel@kcyymca.org or 574-269-9622 x235 with questions about any of these opportunities.

The YMCA's Mission is: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

KOSCIUSKO COMMUNITY YMCA
1305 Mariners Drive
Warsaw, IN 46582
574-269-9622
www.kcyymca.org