



A week of extraordinary opportunities to strengthen family life.

Fauntleroy Church United Church of Christ
9140 California Avenue SW
Seattle, WA 98136
www.fauntleroyucc.org

SATURDAY, October 22

10:00 AM – 2:00 PM - Fellowship Hall,

Family-A-Fair: Great Community Resources for Families!

Family Zumba	Childcare Resources
YMCA Family Programs	YMCA Family Fitness
YMCA ACT! (obese child program)	The Kenney
Little Pilgrim School	Fauntleroy Church
SNAP	Little Gym
Fauntleroy Children’s Center	Public Health of Seattle
1:30 PM Zumba Dancing, Gym	and King County

SUNDAY, October 23

10:00 AM Worship: “Love Makes a Family”, Matthew 22:34-46

5:00 PM Understanding Suicide: Prevention and Coping - Garden Room

A video entitled “More Than Sad,” followed by stories from people who have experienced the suicide of a child, sibling or friend. Time for conversation.

Leader: Danna McGill, current president of the American Foundation for Suicide, and a panel of guests.

7:00 PM A Conversation Among and About Non-Traditional Families – Fellowship Hall

Same-sex couples, families with two moms or dads, families with two households that include stepparents—these don’t fit the “traditional” family model. What legal, social and emotional issues are you facing? Bring your personal experiences and your questions.

Leader: Gwen Mathewson, an attorney who has assisted same-sex couples and other non-traditional couples with domestic partnership, adoption and divorce.

MONDAY, October 24,

7:00 PM Keynote speaker, Paul Figueroa on Preventing Bullying - Sanctuary

Insightful remedies to prevent bullying: helping the bully stop the behavior, effectively supporting the victim to stand up and say “No”, equipping those who witness bullying and don’t know how to respond. Motivational and inspirational.

Leader: Paul Figueroa, founder of Peace Enforcement LLC, was featured on the Today Show. He’s an expert in violence prevention, conflict resolution, self-esteem building and a 12-year veteran of King County Sheriff’s Department.

TUESDAY, October 25

5:00 PM Emergency and Personal Preparedness – Garden Room

Prepare yourself, your household, neighborhood and community for an earthquake or other natural disaster. Learn what is currently in place in West

Seattle, what’s being planned for Fauntleroy, and lessons learned from Japan’s and New Zealand’s disasters. Participants get a copy of Personal Safety Nets’ new book.

Leader: Gordon Wiehler, a trained leader in SNAP (Seattle Neighborhoods Actively Prepare), is our local representative to the West Seattle and City-wide plan. He will be joined by a representative of the Office of Emergency Management for EP101, **Cindi Barker** of the West Seattle Communications Hub, and the director of Personal Safety Nets, **Ben Kausman**.

5:00 Family Love Letter – 4th Floor (Room 404)

Estate planning with a heart! This practical, sensitive workshop helps you face the difficult process of centralizing financial, legal and personal information so family and friends can take care of you and know how you would like end-of-life issues handled. Attendees will receive the Family Love Letter Book.

Leader: Kathleen Steele, CFP, a 20-year Retirement Planning Specialist, makes the presentation fun and interactive.

6:30 PM, Family Zumba: led by Tish Hesse, Fauntleroy Y instructor - Gym

7:00 PM Technology - Young People & Safety – 4th Floor (Room 407)

Explore the digital trends that affect today’s young people and learn some helpful tools to keep your family safe.

Leader: Brandon Adams, the former youth leader at Fauntleroy Church, currently does digital communication for a national educational company.

7:00 PM Praise vs. Encouragement - 4th Floor Conference Room (Room 421)

Learn the subtle, yet dynamic, differences between praise and encouragement—one can create anxiety, while the other fosters “try-ers”—and the amazing results of changing your language and attitude.

Leader: April Miller is a certified Positive Parenting Instructor, Trainer for School’s Out Washington, Program Coach for Child Care Resources, and the mother of four “encouraged” children.

WEDNESDAY, October 26

5:00 PM Healthy Cooking – Kitchen/Lounge

Time around the dinner table is precious, but families struggle to gather and to cook fresh, wholesome foods. Learn recipes and techniques for cooking and eating in a more faithful and family-friendly way. Participants will receive several recipes for quick, simple dishes to prepare at home. **Cost is \$5/person for the food.**

Leader: Becky Withington is a recent graduate of the School of Theology & Ministry at Seattle University. With school, work and family, she’s been cooking quick and healthy foods “forever”.

5:00 PM Caring For Older Adults – 4th Floor (Room 404)

A practical, sensitive discussion about the joys and challenges facing caregivers. Information on in-home resources, facilities and Medicaid will be available.

Leader: Linda Phillips is an advocate with Senior Information and Assistance, where she has worked for 6 years, and she has worked with seniors and disabled adults for 11 years.

7:00 PM Parenting Is Always Letting Go – Garden Room

As soon as parents place their children in the hands of a babysitter, they start the process of letting go of their control and vulnerability with all of the trust they can muster. Bring your own parenting experience to learn from one another in a facilitated conversation.

Leader: Lyn Kratz, MSW, is an experienced counselor, group leader and parent. She creates programs in Family Centered Care at Children’s Hospital and has a private counseling practice in West Seattle. She is the mother of three grown children.

7:00 PM, Talking and Listening to Youth – 4th Floor (Room 404)

Adolescence is a dynamic time that requires parents and teens to learn new skills, understanding and patience. This class for both youth and parents will open up new avenues for dialogue.

Leader: Leif Moa-Anderson has an MA in Systems Counseling from LIOS, has a private practice in downtown Seattle, and has experience and skill in facilitating constructive dialogue between parents and youth.

THURSDAY, October 27

5:00 PM At the Heart of the Matter: Talking with Children about Sexuality – Garden Room

What do I say when? What about safety concerns? How do I help my “tween” navigate peer pressure? This dynamic and interactive workshop will give you tools to deal with all these questions and more.

Leader: Amy Johnson, MSW, a certified sexuality educator, national trainer for the “Our Whole Lives” program, and author of the column “Sex in the Suburbs” in *The Federal Way Mirror*. She serves as Youth Director at Wayside UCC and has 25+ years of experience with youth and families.

5:00 PM 5 Steps to Choosing Quality Child Care, 4th Floor (Room 404)

Learn 5 essential steps to finding the right childcare resources: 1) Start early, 2) Call your local Child Care Resource and Referral (CCR&R) Agency, 3) Visit and ask the right questions, 4) Make the right choice, 5) Stay involved!

Leader: Mary Keating, Child Care Resources

7:00 PM Ropes Course & Ice Cream - Fellowship Hall

A team-building adventure for the whole family! Expand your comfort zone and then enjoy fellowship and a treat! An evening for mind, body and spirit at play.

Leader: Joel Groen is an active parent and enthusiastic leader.

7:00 PM Beyond Texting and Tweeting: Communicating in Committed Relationships – Garden Room

Explore communication strategies to bring out the best in your unique, caring relationship. Come in comfortable clothes for a light-hearted, yet helpful process of work/play as couples in a confidential setting. Leave with fresh energy and skills to renew your special bond.

Leaders: David Morris & Susan Yarrow Morris. Susan, an ordained minister in the United Church of Christ, has served as a UW campus minister and local church pastor. David is a certified Relationship Coach. They have led couples workshops for many years and are still amazed!

7:00 PM Social-Emotional Development: A building block to positive mental health - 4th Floor (Room 404)

Parents will learn how social emotional development is defined, tools for promoting social-emotional growth including the latest research in this important area. Parents will have a n opportunity to discuss/ask questions they may have about encouraging their child’s social-emotional well being.

Leader: Lenore Rubin, PhD, has been the consulting psychologist with the Public Health Seattle King County Childcare Health Team for the past 20 years

FRIDAY, October 28

7:30 PM Five Buck Band – Fellowship Hall

An eclectic blend of pop and rock from the 60’s to the present.

Leader: Janet Washburn, is a member of the Fautleroy Community, a part-time preschool assistant, wife and mother of two grown daughters.

SATURDAY, October 29

9 AM – 4 PM Getting Married? Thinking About Marriage? – Fellowship Hall Registration Required

Explore the differences and similarities that bring people together. Safe, fun and supportive environment. Morning session: Look at your diversities and how to talk about them. Afternoon session: Explore how to manage the conflicts they stimulate. **This all-day seminar is \$100. Sign up by calling the church office (206-932-5600) by October 22^h.**

Leader: David Morris, a certified Relationship Coach, has been leading couples and pre-marital seminars, for years.

FAMILY MATTERS – A week of extraordinary opportunities to strengthen family life.

FAMILY MATTERS is sponsored by Fautleroy Church, Fautleroy Y and Little Pilgrim School as a way to offer positive support for the difficult task of creating and sustaining families in our culture. We believe that family life—in its many shapes, sizes and forms-- needs nurture and that families need a place to learn and share experiences. We hope this wide variety of experiences will open doors to new ideas, new friendships and refreshed courage.

Childcare provided for every event upon request. To help us plan, please contact terry@fautleroyucc.org so we’ll have enough caregivers. Childcare will be provided at both Fautleroy Church and the Fautleroy Children’s Center across the street.