

**PROGRAMMES AND ACTIVITIES OF
FAMILY LIFE MINISTRIES**

**Counselling Services – Workshop & Seminar
Programmes**

Family Life, Parenting workshops and Marital issues, Manager Coaching Sessions, Psychological testing.

Radio Programmes

Family Time®, a Discussion & Call-in programme on Love 101 FM radio, Mondays 5:30-6:30pm;

Let's Talk Family, aired on The Breath of Change (TBC) Radio 88.5FM, Kingston, Ja Tues 9:00-9:15pm

Public Programmes

Teaching programmes to Parents-Teachers Associations, Churches and other groups, addressing topics related to family life with an evangelical thrust.

Research and Documentation

Collects and disseminates information on family life in the Caribbean.

Resource Centre: Operates as a referral centre on family related concerns and sells books, magazines, audio tapes, CDs and DVDs.

The Fitz-Henley Conference Centre

Training facility with seating for 100 persons, suitable also for functions and weddings

Emotional Wellness Corner

Toxic Relationships

Relationships can present an excellent opportunity for growth and support. But not all relationships are healthy. Here are some signs of Toxic Relationships

- Consistently Negative
- Always critical, no encouragement
- Little or no physical or emotional support
- Angry outbursts, rage and sometimes violence

How to get out safely

- Don't cut them off suddenly, but detach emotionally
- Don't try to fix them
- Stick up for yourself
- Get help. A trained Family Life Ministries counselor can give meaningful direction

CONTACT INFORMATION

Head Office & Counselling Centre

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Portmore Counselling Centre

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WEBSITE:

www.familylifeministriesjamaica.com

Giving to Family Life Ministries

Family Life Ministries is financed by the gifts of individuals and organizations, and fees from services offered to clients. The ministry encourages those who are concerned about the growing deterioration of family life in our society to pledge a contribution in support of FLM. All contributions are tax deductible and the financial affairs are subject to annual external audits .

Thank You Partners!!

. . . For standing with us for over 30 years! Your prayers, financial gifts, visits and words of encouragement have been a blessing to us as we endeavour to make a difference in our Island nation, Jamaica. This time of year and always, we pray for peace in your homes and God's favour in your lives



Quarterly Newsletter

3rd Quarter 2016



Great is His faithfulness!

WARM GREETINGS FROM

FAMILY LIFE MINISTRIES

Encouraging and actively promoting healthy Family Life in accordance with the principles of The Bible – God's Word, in Jamaica, the wider Caribbean and elsewhere.

The Roots of a Stable Family

Go Deep Into The Word of God.



Greetings from the Board of Directors

Greetings!

We know that He who has started the good work in us (and through us) will bring it to completion. I wish to thank you for your prayers throughout the year, and ask that you continue to pray for fresh energy, inspiration and provision for the ministry as we seek to facilitate the process of change and healing in so many lives.

Your support has been invaluable. As we consider the challenges facing our families and our nation, now more than ever let each of us seek to do our part in building our families which are the basic unit of our nation. Strong families and family life lead to a strong nation. Continue to make yourself available to God and He will use you where the need is greatest.



God Bless.

Arnold Aiken, Chairman

EAP ALERT

The **Employee Assistance Programme (EAP)** was created to allow companies and organizations to provide psychosocial and emotional support for their employees. The employee is not just the sum of the role they play in the organization but is a real human facing various challenges in the community, at home and even in the workplace. A mentally and emotionally healthy worker can make an organization more successful and help to manage workplace dynamics.

Features of an EAP:

- ◆ Individual Counselling on a variety of issues.
- ◆ Personal development sessions on topics including “Managing Change”, “Dealing with Interpersonal Conflicts” and “Coping with Stress”.

- ◆ Grief and crisis counselling options to organizations during those difficult times that arise.
- ◆ A 24 hour emergency counselor contact

Preparing Your Child for Learning

Back to school is often a difficult time for many parents and students. This is amplified when the child is new to school or has made a transition to a new institution or a new level of learning (e.g. primary to high school).

How can parents and caregivers prepare these young ones be successful in learning? Here are a few tips to help instill the joy of learning and make the process easier.

- **Understand the way your child learns.** There are three ways children learn: Visual, Auditory and Kinesthetic. Although one may be primary most people learn using a combination of these techniques and so school teaching methods are normally crafted to take these three into account. When you understand how your child learns you can help them with preparation and the reinforcement of taught information outside of school using their primary learning method.
- **Set a routine.** Children find safety in routines, and often school provides a strict routine, but the home environment is much more relaxed. Finding a balance is important. As the saying goes “all work and no play makes Jack a dunce boy”. There needs to be time for relaxation, but limit time spent in front of television or playing video games. Set a time for study, rest, eating, chores etc. and use a study chart if that helps.
- **Connect your child’s learning to everyday life.** The principles and tools learnt in school apply to some aspect of our everyday life. Use your creativity to help your child link these principles to cooking, shopping, travelling about on the roads, gardening etc.
- **Help your child take charge of his/her learning.** When a child is learning for herself and feels she is integral in the process, and can see the importance, she will take initiative, and own the learning process as her own.
- **Be a Role Model for Learning.** When you as the parent are in the process of learning something new, and your child can see you push yourself, and put in hard work to achieve your goals it can be an inspiration for them. Also they can see demonstrated that it takes hard work and dedication to achieve. You are not just

trying to convince them about hard work, but you are modeling it for them as well.

- **Seek Help if they are Struggling.** Getting help is not a sign of weakness, but a sign of strength as it shows you know your limitations and seek assistance to overcome them. The right kind of help, whether academic, or psychological can help to improve the situation.
- **Manage Stress.** Learning and the exam preparation process can be very stressful, not only for children but for the whole family. Using stress management techniques can alleviate some of the symptoms of stress and can help the child and the family cope with and adapt to the effects of stress.

Remember, learning can be fun!

FLM NEWS!!!

- ◇ Mrs. Maureen Lue-Bailey was out of office during the summer on extended leave. In her absence Michele Gordon Somers contributed her time to the Ministry to assist with Operations. The Ministry is grateful and expresses much thanks for the work done while she was in office.
- ◇ Richard Davis, former EAP administrator has moved on from FLM. He spent 3 years with the organization, being the first point of contact for many EAP clients. We wish him many blessings as he pursues his new endeavor.
- ◇ Family Life Ministries provides resources for dealing with many kinds of challenges. Please come and check out our new book display. Several new volumes have come in recently, dealing with personal, family and relationship issues.
- ◇ Fresh Start is FLM’s divorce recovery support group. They meet regularly and provide support in a safe confidential environment. The purpose of Fresh Start is Healing and Restoration. Contact our office for more information.
- ◇ David Taylor, who assisted with the development of the Foster Care Programme has left FLM to finish his studies. We wish him success.