

Family Matters:

**A series of six classes on family relationships
among parents and their children and between partners
Taught by Dan Hughes, new First Parish Member**

One: Safe and Nurturing Relationships that facilitate curiosity, comfort, and joy within and among members of the family

Saturday, March 2, 2019 3 hours

9:00AM-Noon

This first, longer class describes the nature of safe relationships which highlight both the development of the individual and the responsibilities of family members to one another. The importance of relational experiences of comfort and joy for human development is presented along with a relational attitude that nourishes both.

Two: The Development of Emotions and Self-Awareness

Saturday, March 23, 2019 90 Minutes

10:30am-Noon

This class describes how both emotions (identification, regulation, and expression) and self-awareness and reflective functioning develop within safe family relationships. Ways to facilitate both will be presented.

Three: Maintaining Strong Relationships while Handling Conflicts with Relationship Repair

Saturday, April 6, 2019 90 Minutes

10:30am-Noon

This class presents the types of conflicts in close relationships and describes how conflicts and their repair are able to strengthen, not weaken, the best family relationships.

Four: Discipline: Teaching that Strengthens the Child and the Relationship

Saturday, May 11, 2019 90 Minutes

10:30am-Noon

This class describes how discipline is primarily meant to teach socialization skills. Effective discipline is much more than providing consequences and the importance of 'correction within connection' will be presented.

Five: The Relationship between the Partners

Saturday, May 25, 2019 90 Minutes

10:30am-Noon

Class Five demonstrates how the relationship between partners involves very similar traits to those that characterize the best parent-child relationships. Ways to support both autonomy and intimacy within a committed relationship will be described.

Six: The Role and Importance of the Grandparents

Saturday, June 8, 2019 90 Minutes

10:30am-Noon

The final class highlights the how valuable is the presence of grandparents in the functioning of the family. Ways for grandparents to support both the parents and the children—while still respecting their own separate needs and desires—is presented.

Participants may attend one or as many classes as they wish.

Held in the **Community Room** (basement) at First Parish.

Free to members. Non-members: first class is \$10, subsequent classes \$5

Contact Dan to register or for information:

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