



Holy Family
UNIVERSITY

FAMILY CENTER Free Workshops

**Sponsored by Holy Family University and
The Sisters of the Holy Family of Nazareth**

*"The kingdom of God's love 'first blossomed miraculously
in the Holy Family' and 'is to be cultivated...within families.'"*

*- Blessed Mary of Jesus the Good Shepherd,
Foundress of the Sisters of the Holy Family of Nazareth*

Mission

The Mission of the Holy Family University Family Center is to provide resources to families through education, counseling, consultation, and advocacy. These resources serve to empower families to adapt to changes in the environment, changes in relationships within the family, and the changing needs of family members.

Goals

The goals of the Family Center are to offer services that:

- enhance family processes of nurturing, support, and socialization
- respect family boundaries
- address expressed concerns of the family
- link families with community resources
- support outcomes of family survival, family continuity, and family growth

The Value of Family

Mid-Life Directions Workshop

For persons 40 years and older

Fall 2016

These NEW and FREE workshop sessions are **7:00–9:00 pm**. Upon completion of the six (6) sessions, participants will receive a certificate of attendance. Participants are welcome to attend as few or as many sessions as they desire. All sessions are held in Campus Center Room 115.

Presenter: **Sister Clare Marie Butt, RN, PhD**, *certified Mid-Life Directions consultant*
Adjunct Faculty, School of Nursing and Allied Health Professions

Tuesday
October 4

Life Stages

The participant will have the opportunity to explore the rich potential of the second half of life through various approaches and activities. This session will focus on the life cycle and one's own story.

Tuesday
October 11

Life Transitions

By reflecting on human development, Jungian psychology and a personality survey, participants will consider their own life development as it has unfolded.

Tuesday
October 18

The Varieties of Spiritual Experience

The participant will explore myths and symbols, contemporary Judeo-Christian spirituality, and the mandala as sources of growth and development in the second half of life.

Tuesday
October 25

Prioritizing Values

Through the identification of shifting values and through creative listening and sharing, participants will explore the dynamism of the second half of life.

Tuesday
November 1

Growth into Wisdom

The participant will utilize their personality profile as a guide to the bountiful blessings, challenges and opportunities available in the second half of life.

Tuesday
November 8

The Second Journey

Participants will use their imaginations to visualize and set goals for their own continual becoming and celebrate together the possibilities before them during their second journey.

Registration

online: www.holyfamily.edu/midlife
www.holyfamily.edu/parenting
www.holyfamily.edu/retirement

email: familycenter@holysfamily.edu
call: 267-341-3407

For more information, please contact:

familycenter@holysfamily.edu
or

Christine O'Neill
Holy Family Hall Room 211
267-341-3407
215-637-3787 (fax)
coneill@holysfamily.edu

Parenting Workshop

Fall 2016

All sessions are **7:00–9:00 pm**. Upon completion of the five (5) sessions, participants will receive a certificate of attendance. Participants are welcome to attend as few or as many sessions as they desire. All sessions are held in Campus Center Room 115.

Wednesday
October 5

Siblings Without Rivalry

S. Eunice Leszczynska, CSFN, PhD,
Parenting Educator & Workshop Coordinator

This session will explore ways parents can help siblings to accept that “fair does not mean equal”, to accept each other’s sameness and uniqueness, and to guide them into being responsible, cooperative, caring members of the family. We will also examine several practical methods parents can use to help cope with conflict, reduce sibling competition, and help siblings learn life needed lessons of conflict resolutions, cooperation, and forming meaningful relationships.

Wednesday
October 12

Practical Finances for Families

Stephanie MacNeal Catalano, BA

This session will focus on strategies which will assist new parents to manage their finances through budgeting and savings. It will also assist parents to prepare for future contingencies by means of wills, guardianships and life insurance options.

Wednesday
October 19

Using Rules and Consequences for Discipline that Works

S. Eunice Leszczynska, CSFN, PhD,
Parenting Educator & Workshop Coordinator

This session will focus on the “structure” role of parenting. We will review ways of forming family rules, discuss the benefits of family rules, and learn how to form consequences for not following the rules. We will keep the long-term perspective in mind as you raise your children to become responsible, contributing, and self-disciplined adults.

Wednesday
October 26

Parenting the Child in the Use of Technology

Rachel Derr, RNC-LRN, MSN, DNP

This session will provide an overview of cyberspace safety. The focus will be on raising good digital citizens. This includes information about Internet safety such as personal information and stranger danger. Additionally, tools to help manage the online and technology experience from a safety perspective will be presented.

Wednesday
November 2

Listening with the Heart & Responding with Parental Sensitivity

S. Eunice Leszczynska, CSFN, PhD,
Parenting Educator & Workshop Coordinator

This session will review the steps of effective communication, practice listening skills, and examine the consequences of ineffective communication. We will do this in the light of each family member’s developmental status, emotional needs and parents’ style of parenting.

Living Fully

Exploring and Learning Series

Fall 2016

All sessions are **7:00–9:00 pm**. Upon completion of the six (6) sessions, participants will receive a certificate of attendance. Participants are welcome to attend as few or as many sessions as they desire. All sessions are held in Campus Center Room 115, unless indicated.

Thursday
October 6

The Mature Adult

Jeannette Kates, PhD, MSN, APN-C, GNP-BC

This session will examine physical changes experienced by older adults, introduce healthy aging concepts, and examine trends that inspire older adults to stay healthy.

Thursday
October 13

Practical Finances for Individuals/Families/Retirees

Stephanie MacNeal Catalano, BA

This session will focus on strategies to assist individuals, families and retirees to manage their finances through budgeting. The options of taking or delaying social security will be examined.

Thursday
October 20
*ETC 207

Protecting Yourself Against Online Scams, Deceptive Email, and Identity Theft

Glenn Gatlin, MA, Instructional Technologist

This session will focus on helping participants identify online scams, fact-check unsolicited email, and protect against identity theft.

Thursday
October 27

Supportive Services

Rochelle Robbins, PhD, Clinical Psychologist in Geriatric Practices, PA Licensed, Dean, Arts and Sciences

This session will review the normal psychological, cognitive, and emotional aspects of aging and healthy coping mechanisms.

Thursday
November 3
*ETC 207

Connecting with Technology

Franco Pettigrosso, BA, Junior Programmer

This session will enable participants to better understand how to efficiently use a computer and services that are done via computer.

Thursday
November 10

Healthy Nutrition

Gina Reiss, MEd, RD, LDN,

Adjunct Faculty, School of Nursing and Allied Health Professions

Nutritional needs and dietary changes will be described to promote health for the older adult.



Holy Family
UNIVERSITY

9801 Frankford Avenue, Philadelphia, PA 19114-2009