

SCHEDULE OF EVENTS

Friday, January 29:

Opening Session	6:30 - 7:00 p.m.
Family Feud Game	7:00 - 8:30 p.m.
Refreshments	

Saturday, January 30:

Registration	8:30 - 9:30 a.m. (Continental Breakfast)
Plenary Session: The Role of the Family in the 21 st Century	9:30 - 10:30 a.m.
Workshop #1	10:30 - 11:30 a.m.
Workshop #2	11:45 - 12:45 p.m.
Special Needs Worship Service (all are invited)	12:00 p.m.

Sunday: January 31:

Worship Service <i>All families are asked to sit together today</i>	8:00 a.m. & 11:00 a.m.
Pot Luck Supper You are invited to bring a dish and share in our family supper	1:30 p.m. (time approximate)
Family Speak Out - Rap Session	2:15 - 3:30 p.m.

***There will be break out group for Children, Teens and Adults.
Parents of Youth will meet with our Youth Leaders for a special presentation.***

Family Sharing	3:30 p.m.- 4:45 p.m.
Worship Service – Closing Exercise	5:00 p.m.

**Prayer for the Family includes prayer for family unity, strength,
healing and Laying on of Hands.
All are invited.**

FAMILY UNITY WEEKEND WORKSHOP DISCRIPTIONS

WORKSHOPS JANUARY 30

Anger Management:

10:30 a.m. & 11:45 a.m.

Through relaxations techniques, cognitive restructuring and communications skills, we will focus on methods in which we can use to express our emotions and controlling our anger before it controls us. This session will be held accommodate children, teens and adults.

Children Facilitator – Lucy Cobb
Teens Facilitator – Barbara Perkins
Adults Facilitator – Elizabeth Kent

Stress Management:

10:30 a.m. & 11:45 a.m.

This group will focus on identifying every day stressors and how they are affecting their health and success. Through the introduction of long term stress reducing methods, participants identify and learn ways to reduce stress. This session will be held twice to accommodate children, teens and adults.

Children Facilitator – Edith Maisah
Teens Facilitator – Virginia Chapman
Adult Facilitator – TBA

5 Last Wishes: Getting Your House in Order:

10:30 .a.m.

This session will focus on the importance of planning and securing our final plans. We will discuss the importance of wills and living wills.

Facilitator – Deacon Marie Taylor

Financial Aid for College:

10:30 a.m.

Participants will be introduced to the resources that are available and how to apply for financial aid.

Facilitator: TBA

Special Needs Families:

10:30 a.m.

This session will focus on families with of children with special needs, services that are available and how we as a religious organization can accommodate/ support our members.

Facilitators: Dona Owens and Janet Hammond

There will be a one hour worship service geared toward special needs children and their families following the workshop at 12:00 p.m.

Blended Families:

11:45 a.m.

His children, her children all under one roof makes for a blended family. This session will focus on the challenges that are encountered within blended families. Through group discussions participants will obtain advice and insight. This session will be held for children/teens and adults.

Children/Teens Facilitator: Frances Lewis
Adult Facilitator: Gelaine Williams

Multi Generational Families:

11:45 a.m.

Often time households are comprised of multi generations. This session will focus on the benefits and encounters in which family members encounters. We will also focus on methods that can ensure that all family members are “pulling their own weight.” This session will be for adults only.

Facilitator: Dr. Lola Langley

Single Parent Family:

11:45 a.m.

This session will focus on barriers that are faced by single parent households and services that are used to support the parent. This session will be held once.

Facilitator: TBA

Men in the Family:

10:30 a.m.

This panel discussion will focus on the role of men in the home. This will include single men household and men with limited time with their children.

Facilitators: TBA
