Hyun Jin Moon's Family Peace Association: Strengthening Families Introductory Series

Howard Self May 1, 2023





You are invited to the Family Peace Association Introductory Series on Strengthening Families! Come join us in one or all of our FREE in-person sessions related to key topics that affect our everyday lives with an emphasis on individual growth, raising great families, and becoming responsible stewards. Each session will share helpful perspectives, tools, and resources so you and your family can be at your very best! Scroll down for more information or click here to register.

DATES & TIME Every Thursday, 7-8:30PM

May 4th to 25th

LOCATION

Pacific Peace Center 6328 180th St SW Lynnwood, WA 98037

Topics Covered:



- Understanding stress as opportunities for growth
- Family strategies for dealing with stress
- Building resilient couples
- And more!



- Understanding conflict and anger
- Identifying sources of conflict
- Approaches to conflict management
- And more!



- Challenges and issues of parenthood
- Positive parenting techniques
- Recognizing the dynamic and unique relationships in the family
- And more!



- Gender and cultural differences
- Active listening techniques
- Communication skills to strengthen family relationships
- And more!

Register for a Session Here!

Questions? We would love to hear from you!

Email us at usaevents@family-peace.org

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ABOUT:

The Family Peace Association brings focus to the profound significance of the family as the cornerstone of a world of peace. By engaging individuals, families and organizations, we seek to build a global movement to inspire, promote, and cultivate God-centered families. We work in partnership with like-minded organizations to provide education and support for individuals and families to build strong, healthy, loving families.

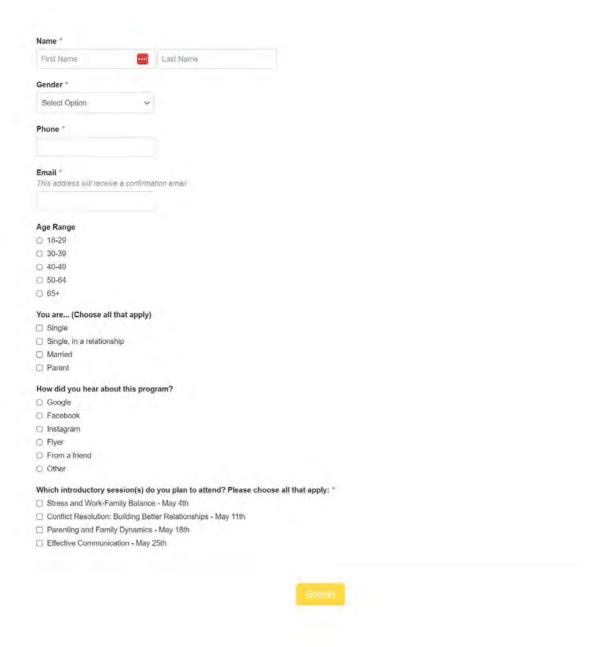
SESSION DATES AND DETAILS

DATE	SESSION	TOPICS COVERED IN THIS SESSION
May 4th	Stress and Work- Family Balance	 Understanding stress Stress = Opportunity for Growth! Family strategies for dealing with stress Strategies for home management Building resilient couples and families Making a difference in our world
May 11th	Conflict Resolution: Building Better Relationships	 Understanding conflict and anger Identifying sources of conflict Approaches and steps to conflict management Styles of conflict negotiation
May 18th	Parenting and Family Dynamics	 Understanding stages of child development Challenges and issues of parenthood Positive parenting techniques Effective discipline practices Recognizing the dynamic and unique relationships in the family

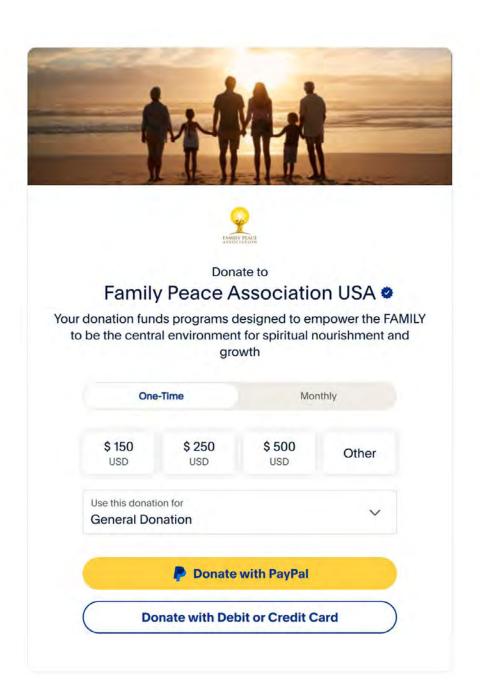
Effective Communication

- · Gender and cultural differences
- · Communication skills to strengthen family relationships
- · Active listening techniques

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