

## 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

**PRICE**

**Free!**

## 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](mailto:usaevents@family-peace.org)

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## Family Peace Association

Introductory Series on  
STRENGTHENING  
FAMILIES

[REGISTER HERE](#)

Come join us in one or all of our free introductory 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!

### 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  | <b>Stress and Work-Family Balance</b>                     | <ul style="list-style-type: none"><li>• Understanding stress</li><li>• Stress = Opportunity for Growth!</li><li>• Family strategies for dealing with stress</li><li>• Strategies for home management</li><li>• Building resilient couples and families</li><li>• Making a difference in our world</li></ul> |
| May 11th | <b>Conflict Resolution: Building Better Relationships</b> | <ul style="list-style-type: none"><li>• Understanding conflict and anger</li><li>• Identifying sources of conflict</li><li>• Approaches and steps to conflict management</li><li>• Styles of conflict negotiation</li></ul>   |
| May 18th | <b>Parenting and Family Dynamics</b>                      | <ul style="list-style-type: none"><li>• Understanding stages of child development</li><li>• Challenges and issues of parenthood</li><li>• Positive parenting techniques</li><li>• Effective discipline practices</li><li>• Recognizing the dynamic and unique relationships in the family</li></ul>         |

May 25th

**Effective  
Communication**

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

## REGISTRATION FORM

**Name \***

First Name  Last Name

**Gender \***

Select Option

**Phone \***

**Email \***

*This address will receive a confirmation email*

**Age Range**

- 18-29  
 30-39  
 40-49  
 50-64  
 65+

**You are... (Choose all that apply)**

- Single  
 Single, in a relationship  
 Married  
 Parent

**How did you hear about this program?**

- Google  
 Facebook  
 Instagram  
 Flyer  
 From a friend  
 Other

**Which introductory session(s) do you plan to attend? Please choose all that apply: \***

- Stress and Work-Family Balance - May 4th  
 Conflict Resolution: Building Better Relationships - May 11th  
 Parenting and Family Dynamics - May 18th  
 Effective Communication - May 25th

Submit

(206) 800-3339 [usa@family-peace.org](mailto:usa@family-peace.org)

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Your donation funds programs designed to empower the FAMILY to be the central environment for spiritual nourishment and growth

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