



Building a Better Family: A Workshop for Parents



Saturday, March 24, 2012

First United Methodist Church, 120 South State Street, Ann Arbor, MI

Co-sponsored by FUMCN Preschool and Children's Ministries of First United Methodist Church

8:45-9:00 **Childcare Check-in**

9:00-9:15 am **Check-in/Registration/Refreshments**

Limited parking is available in the church lot (enter from Washington St.) or across Washington St. in the Liberty Square parking deck for \$3.

9:15-9:55 am **Keynote Session "Service—Your Key to Fun, Fulfillment, Growth & Community"** by Lisa Hirsch and Tom McDonough

Learn how one family has integrated service with their children into their daily lives and be challenged and inspired to make a difference with your own family. In addition to regular local community projects, this family of five has been transformed by six years of service vacation experiences in Costa Rica, Appalachia, and Flint.

10:00-10:55 am *(three concurrent sessions)*

(A) The Art of Roughhousing – based on DeBenedet's book. This session will examine how rough-and-tumble play can nurture close connections, solve behavior problems, boost confidence, and more. Drawing inspiration from gymnastics, martial arts, ballet, traditional sports, and even animal behavior, Anthony will present many activities for children and parents to enjoy together. *Led by Anthony DeBenedet, MD, board-certified physician in internal medicine and incredibly active and adventurous father of three young daughters. An avid athlete, he enjoys basketball, running, hiking, and golf.*

(B) The Coupon Mission. In this session, you will explore how to routinely save between 60-80% with methods of coupon organization, where to find coupons, and websites that offer free coupon matchups each week. Attend this session and maybe walk away with some cool, shopping related giveaways! (limited to 25 participants) *Led by Tracie Sikora, member of Dexter United Methodist Church, wife, mom of 4 kids, and couponer for over 20 years. Tracie is passionate about her coupon savings and sharing it with those in need. She has been teaching coupon classes since the fall of 2010, when some people caught wind of how much she'd been saving!*

(C) Whole Parents = Whole Children. This session focuses on being the kind of parent that you want to be. When your kids are all grown up, how will they remember you? *Led by Jana Lynn Almeida, youth ministry consultant for the West Michigan Conference of the United Methodist Church and interim pastor at Lincoln Road UMC in Riverdale, MI. She has a wide range of experience including premarital and marriage counseling. Jana Lynn is also grandma to seven grandkids who have attended or will attend FUMCN preschool!*

(see next page for second session workshop options)

11:00-11:55 am *(three concurrent sessions)*

(D) Building Your Family's Faith. This session will explore the ideas: why parents need to be spiritual leaders for their children, how to pass on faith to your children (even if you didn't have it when you were growing up), and what resources are out there for you as a parent to learn from. *Co-led by Denise Kasischke, wife and the mother of two elementary age children. Denise earned an MA at Fuller Theological Seminary in Religion: Family Life Education and has worked in children and family ministry for over 15 years. She currently serves as the Children and Family Minister at Dexter United Methodist Church. Co-led by Carol Hulbert, mother of two grown children and curriculum coordinator for the Sunday's Cool program at First United Methodist Church in Ann Arbor. Carol currently serves as the Board President of Rotation.org, a volunteer-led web community for teachers and churches using the Workshop Rotation Model for Sunday School.*

(E) Finding Time For Things That Matter: Tools, Techniques, and Troubleshooting for Parents. Why is my kid always late to swim lessons? Where did the week go? Why aren't my taxes done yet? In this hands-on session, we'll examine common obstacles to effective time management, review best practices, and play with cool tools and apps. You will leave this session with a resource list and a plan to implement one or two strategies that make sense for your family. *Led by Melanie Sobocinski, Ph.D., a productivity consultant and mother of two. She has taught time management strategies to the staff of the Student Success Center at the University of Michigan-Dearborn and is a member of the National Association of Professional Organizers.*

(F) Fun & Learning in Sports: Using age-appropriate instruction to increase engagement and learning in sports. Learning to run, jump, kick and throw is a rite of passage for kids and an important part of growing up. Some discover the joy of movement and the satisfaction of hard work while others become discouraged by too much direction and unnecessary coaching. In this session you will learn how one program harnesses children's natural drive to explore by teaching soccer using fun, engaging games that allow for exploration, risk taking, and individual growth. *Led by Jennifer Westwalewicz, enthusiastic early childhood educator and director of Michigan Premier Soccer Academy's Future Stars Program for 4-7 year-olds.*

11:55-12:00 pm **Evaluation**

12:00-12:15 pm **Childcare Pickup**

**REGISTRATION:
Building a Better Family
Saturday, March 24, 2012**

**Registrations
Due March 16!**

**Yes, please register me/us
for this Parent Workshop!**

Name(s): _____

Phone: _____

Email (1): _____

Email (2): _____

My workshop preferences
(please mark 1st and 2nd choices for each session):

- First Session, 10:00-10:55 am
- ___ (A) Art of Roughhousing
 - ___ (B) The Coupon Mission
 - ___ (C) Whole Parents = Whole Children

- Second Session, 11:00-11:55 am
- ___ (D) Building Your Family's Faith
 - ___ (E) Finding Time for Things that Matter
 - ___ (F) Fun & Learning in Sports

I need childcare (for ages 0-10):
Registration required by Friday, March 16, 2012.

1) Child's Name: _____

Age: _____ (years/months)

Allergies/Med Info/Special Needs:

2) Child's Name: _____

Age: _____ (years/months)

Allergies/Med Info/Special Needs:

3) Child's Name: _____

Age: _____ (years/months)

Allergies/Med Info/Special Needs:

Payment

Early Registration Fee (by March 9, 2012): \$10/person, \$15/couple

Registration Fee (after March 9, 2012): \$15/person, \$25/couple

\$5 per child for childcare for the whole morning (*required by March 16, 2012*)

Provided by college student caregivers to benefit [Relay for Life](#). Additional donations accepted.

Amount Enclosed: \$ _____

Financial assistance is available: Contact Beth Pascoe (734-476-4743) for confidential information.

Please make check payable to FUMC with "Parenting Workshop" on the memo line.

Return completed registration and payment to:

- | | | |
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| 1) FUMC, Attn: Beth Pascoe
120 S. State St.
Ann Arbor, MI 48104 | 2) Children's Ministry Team Mailbox
outside the main office in the hallway | 3) FUMCN Families
See Ms. Juli |
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