



RESOURCE

FAMILY LIFE RESOURCE CENTER

Vol. 23, No. 2
Apr-June 2011

Family Life Resource Center

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*"Counseling
for hope,
health and
healing"*

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FLRC'S SPRING FUNDRAISER WILL FEATURE DR. ANNMARIE EARLY speaking on *"Secure Relationships: Strengthening Our Connections With God and With Others."* **Dorothy Hottle**, who retired as office manager at FLRC in January, will receive special recognition for 18 years of outstanding service to clients and to the agency.

The event will be held at VMRC's Hartman Dining Hall at 6 pm May 14. There is no charge for the meal, but donations to the Center will help FLRC continue to provide services for clients without sufficient means to pay.

Attendance at our fundraisers has been increasing each year. Register early by phone or email!

CHECK OUT NEW FLRC CLASS & SEMINAR on pg 2!

THANKS TO GENEROUS HELP FROM OUR DONORS, we have replaced the roof on the older part of our building and done some much needed computer updates. Also, our FLRC website has been given an overdue facelift and overhaul. **Check it out at flrc.org!**

SHON TUCKER, LPC, our new child therapist, comes to us with thirty years experience as a public guidance counselor.

IN AN EXPERIMENT at the Harvard Child Study Center, attachment theorist Dr. Edward Tronick has a mother interacting with her six-month old in an infant seat. They are smiling, "talking," making sounds together and generally responding to each other in affectionate ways. On cue, the mother turns her head away, then back to the child, but this time with a blank stare, making no sound and showing no expression whatsoever.

The child almost immediately initiates a series of actions designed to get her mother back, pointing, gesturing, making various noises and finally giving a shriek of desperation and crying to convey her desperate distress. This illustrates how important parents' interactions with their children are at a very early age. It is only in loving connections with nurturing caregivers that children learn how to be caring, confident and healthy adults. (see Youtube "Still Face Experiment: Dr. Edward Tronick")

FLRC's "Centerpiece" radio spots

WEMC 91.7 FM WBTX 1470 AM WNLR 1150 AM
11:58 am (M-F) 9:20 am 4:20 pm (M-F) 11:28 am (M,W,F)
7:58 am Sunday Thanks to sponsors Swope Auto Sales at Linville
(WBTX) and the Cheese Shop at Stuarts Draft (WNLR)

Some spots and other posts can be accessed at <http://harvyoder.blogspot.com>

FUTURE EVENTS (Call 434-8450 for more information or to register)

MARRIAGE MAINTENANCE, a four-session seminar for couples that focuses on "*Four Healthy Habits of Happily Married Couples*," is led by **Harvey Yoder** and meets Tuesdays from 7-8:30 **beginning April 19**. A freewill offering is taken to benefit the Center in lieu of a fee for the class. The text, *Lasting Marriage, the Owners' Manual*, is \$10.

MY WORLD IS UPSIDE DOWN! Divorce is a difficult transition for all members of the family. Children of separated, divorced or divorcing families benefit from a caring atmosphere where they can discuss the changes in their family. FLRC is offering a support group for children ages 8-15 who are dealing with family transitions associated with separation or divorce. **Liz Shoop**, a local guidance school counselor who is working towards professional licensure, will be the facilitator. This group will plan to launch on **Monday, June 20** and will meet for 6 sessions (*skipping 7/4*) from 6:30-8:00 pm. The cost is \$35.

DEALING WITH DIFFICULT RELATIONSHIPS, based on a book by Dr. Alan Godwin, is a four-hour seminar led by **Dr. Kathryn Moats**. It will help individuals: 1) learn ways to deal with conflict, 2) understand why typical conflict management strategies may not work in some cases, and 3) learn ways to respond when "bad" conflict is occurring. The seminar will be **Saturday, May 28** from 8 am.-1 pm. and the cost is \$60.

THANK YOU FOR HELPING FLRC HELP OTHERS!
Your tax-deductible contributions help support counseling services for low income individuals and families.

___ \$1000 ___ \$500 ___ \$250 ___ \$100 ___ \$50 \$ _____

Name _____

Address _____