



Vol. 22, No. 4
Oct-Dec 2010

Family Life Resource Center

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*"Counseling
for hope,
health and
healing"*

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RESOURCE

FAMILY LIFE RESOURCE CENTER

A **PREPARE/ENRICH TRAINING** will be held in the Conference Room at FLRC Saturday, November 6, from 8:30 a.m. to 3:30 p.m. designed to qualify pastors, marriage educators, marriage mentors, lay counselors and others to administer the Prepare-Enrich marital and premarital assessments and provide feedback to couples. The cost per person is \$175 (*includes a Resource Kit*), and for couples sharing a resource kit, \$275. **Registration is to be made with payment by OCTOBER 22.** Seminar Director will be Mark Sensabaugh LPC, LMFT. CE credits available. *For more information on PREPARE/ENRICH go to www.prepare-enrich.com*

VIRGINIA HAS THE 8TH HIGHEST RATE of incarceration in the nation, with about a third of its 33,000 inmates serving time for nonviolent crimes. FLRC is joining numerous community organizations sponsoring an open forum at the Massanutten Regional Library from **noon to 1:30 pm, Monday, October 11**, to discuss alternative sentencing proposals being recommended by a State Task Force. These include home incarcerations and other programs that mandate offenders supporting their families, getting treatment for their addictions, paying their court costs and making restitution for their crimes. The event is free and open to the public.

"SHAPING FAMILIES," a new radio program produced by Harrisonburg-based Third Way Media, airs weekly and can be heard locally on WBTX-AM Sundays at 9:15 am. FLRC counselor Harvey Yoder is one of several regular contributors to the program. For more information check out their website: **www.thirdway.com**.

SHOP DAYTON FARMERS' MARKET DECEMBER 4 and the following businesses will donate 15% of your purchase to FLRC: Ten Thousand Villages, Kitchenwares & More, Zola's, Hank's BBQ, and Crafty Hands. **Use the coupon on the back of this newsletter.**

WE WELCOME ROBIN C. WINDSOR, LPC, TO FLRC! She is available to do child and adolescent therapy as a part-time counselor on our staff.

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)

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 Mondays from 7-8:30 **beginning October 4**. 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.

ASSERTIVENESS TRAINING CLASS is a six-session course designed to increase communication effectiveness. Topics covered include **Relationship Enhancement** (giving and receiving encouragement and compliments, expressing love and affection) and **Self-protective Assertiveness** (disagreeing comfortably, stating ones own feelings and beliefs clearly, expressing anger and dealing with others' anger appropriately, saying no without feeling guilty, and effectively giving and receiving feedback. The class is led by Dr. Kathryn Rexrode Moats, and will be held 6:30-8 pm Tuesday, October 5 to November 9. *\$70.00/person.*

POSITIVE PARENTING, led by Harvey Yoder, meets five Mondays, 7-8:30 pm, **beginning November 1**. Cost is \$40 per person (\$70 for two from the same household). The text, *Common Sense Parenting*, is free.

TRANS-PARENTING teaches divorced parents and other family members better ways of helping children deal with the pain and distress of being a separated family. This four-hour workshop is mandated for divorcing parents by the Virginia court system and is offered at FLRC at 8 am on the third Friday of each month and at 9 am on the third Saturday.

COMMUNITY SHOPPING DAY

To support

FAMILY LIFE RESOURCE CENTER

Shop **DECEMBER 4**, mention FLRC, and they will receive 15% of your purchase



3105 JOHN WAYLAND HWY
DAYTON, VA

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