

programs & presentations

Winter 2017

Register online at familycenterweb.org or call 313.432.3832

Play Central

Wednesday and Thursday mornings, 9am - 11am, now through June 1 in the Barnes Early Childhood Center Gym, 20090 Morningside Drive, Grosse Pointe Woods, **\$5 per family visit**

A place for parents, grandparents and caregivers to play with their children while socializing with other families in an indoor play setting. Play Central follows the Grosse Pointe Public School District calendar so holidays and snow days will be observed as the buildings will be closed. Get a **Free Visit** coupon at familycenterweb.org.

Necessary Conversations: Preparing for Difficult Discussions with Our Youth

March 2, starting at 6:30 pm, in Barbour Chapel at Grosse Pointe Memorial Church, 16 Lake Shore Drive, Grosse Pointe Farms, **FREE** Ask the Experts Talks followed by Q&A

6:30-7:15pm **Sexuality and Safety: How to Be the "Go-To" Person for Critical Conversations with Your Children** with Susan Fell, LMSW, social worker with Grosse Pointe Public Schools & Lisa Khoury, Ed.S., school psychologist with Grosse Pointe Public Schools. This presentation will give parents/guardians vital information about how children learn about and explore sexuality, and highlight ways parents can increase their chances of becoming the "go-to" person for these difficult discussions.

7:30-8:15pm **When is the Right Time to Speak to Your Children About the Dangers of Drugs, Alcohol and Cigarettes? NOW!** with Ghada Abdallah, R.Ph. Did you know children who learn about the risks of drugs from their parents are up to 50% less likely to use drugs? It has been widely reported we are in the midst of a nationwide opioid epidemic. There is no better time to talk to your kids than now.

Meet & Greet for Professionals

March 7, 9:30-Noon, in the Lakeshore Building at The Grosse Pointe Academy, 171 Lake Shore Road, Grosse Pointe Farms, **FREE**

Connect, exchange business cards and brochures with other community professionals (educators, therapists, physicians, attorneys, dentists, clergy, etc.) working with youth, adults and families. Presented by The Family Center in partnership with The Grosse Pointe Academy and the Grosse Pointe News. Special offer for attendees: 50% off for new Grosse Pointe News advertisers from March 7 through April 6.

High Vibration Living! Living a Healthier, Happier, More Empowered Life

March 15, 7pm, in Miller Hall at Christ Church Grosse Pointe, 61 Grosse Pointe Blvd., Grosse Pointe Farms, **FREE** Ask the Experts Talk with Stephanie Popso, Transformative Life and Wellness Coach

Through this talk you will learn: the 5 steps for setting and achieving your health & wellness goals; the science behind making lasting lifestyle change; tools & tips on how to be the director of your life. Stephanie Popso is a transformative life and wellness coach who has helped hundreds of clients create healthy routines and habits to promote better nutrition/body function, weight-loss, better sleep, less stress, positive outlook and overall well-being.

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Our mission is to serve our community through programs and resources vital to today's families.

The Family Center 20090 Morningside Drive, Grosse Pointe Woods

The Family Center is a 501(c)3 nonprofit organization that is 100% supported by community contributions. Its Ask the Experts programs and presentations address the entire spectrum of family life.

This flier has been approved for distribution within the Grosse Pointe Public School District and Harper Woods School District.



Susan Fell



Lisa Khoury



Ghada Abdallah



Meet & Greet



Stephanie Popso

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More

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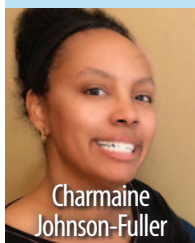
programs & presentations



Angela Aufdemberge



Sarah Krebs



Charmaine
Johnson-Fuller

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Sexual Victimization of Our Youth: On and Off-line

March 21, 7pm in the Alger House at The War Memorial, 32 Lake Shore Dr., Grosse Pointe Farms, **FREE** Ask the Experts Talk with Angela Aufdemberge, president and CEO of Vista Maria, a licensed provider of mental health treatment for adolescent female victims of human trafficking, with Lt. Denise Powell and Det. Sgt. Sarah Krebs of the State of Michigan Missing Persons Clearing House

Presented in partnership with the Grosse Pointe News and The War Memorial as part of its This Americana Series.

This presentation and discussion will provide an overview of the use of the internet and social media to lure youth into sexual acts and sexual exploitation. Professionals will provide an overview of human trafficking within the State of Michigan as well as information to aid parents, educators and other professionals on the ways youth are recruited, signs of victimization, and how to report concerns.

Burnout to Balance: A Mom's Guide to Mom Time

March 29, 10am, in Miller Hall at Christ Church Grosse Pointe, 61 Grosse Pointe Blvd., Grosse Pointe Farms, **FREE** Ask the Experts Talk with Charmaine Johnson-Fuller, Self-Care Coach

In this free workshop discover the four foundations of time mastery. Learn how it will help you create more harmony in your personal and family life. If you're ready to stop feeling like you're on a hamster wheel, sign up for this free workshop today. Attendees will receive a special gift that will support them beyond this session.

Coming in April and May:

April 12

The Spirituality of Taking Action: A Cooperative Approach to Lasting Recovery

April 20

For Your Heirs: Preparing for Financial Circumstances of Old Age and Disability

April 26

Making Modern Divorced Families Work: During and After the Divorce

April 27

Raising Young Men and Women in a Culture of Sexual Assault: Promoting Acceptable Relationships and Actions

May 3

Mindful Media Use: How to find a Balanced Relationship with Technology

May 17

Teens and Screens: A Solution-focused Conversation

May 24

Burnout to Balance: A Mom's Guide to Mom Time

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