

Presentation Outline

Class: Family Support

Curriculum: Let's Get Acquainted

Time Frame: 1hr. and 30 min.

Facilitator(s): Wendy/Lauren

INTRODUCTION: The family unit is the basic building block of society. A healthy family provides security, stability and support for parents and children alike. Healthy families lead to healthy communities, businesses, schools, etc. But no family can achieve this success alone. Although families must provide support for themselves, they also need interaction with other families. So today, we'll begin our classes on 'Family Support' with getting acquainted.

MAJOR PROBLEMS: Here are three major obstacles in the way of effective family interaction.

- **Pride**
 1. The "What happens in this house *stays* in this house" syndrome.
 2. The "I don't have to take this" syndrome - being impatient, intolerant and unforgiving.
 3. Blaming family dysfunction primarily on outside sources.
- **Selfishness**
 1. Operating under a sense of "entitlement".
 2. Placing personal goals above the well-being of the family unit.
 3. Seeing other family members as possessions, as in MY husband, MY wife, My Mom, etc.
- **Materialism**
 1. The "Keeping up with the Joneses" syndrome.
 2. Using money and gifts as "pacifiers" in place of interaction and support.
 3. Using material things rather than love and unity for measuring family success.

SOLUTIONS:

- **Regular family gatherings** - Whether its shared mealtime, family meetings or building stronger individual family relationships, families must **MAKE** the time to come together and set family order, guidelines and goals.
- **Establish the proper family foundation** - We must recognize that only a family built on a solid foundation of love and support will be able to withstand the emotional and economic storms of life.
- **Family support programs** - Families need families. We must be willing to interact in honesty and humility with other families and individuals in our communities. What we're doing with the One 2 One mentoring program for example, in bringing families together, is a real key to help facilitate this process.

INTERACTIONS:

- Have each person introduce himself/herself and share their dreams, goals, etc. with the class.
- Have each person express why they're participating in the program and what they expect to receive and contribute to its success.
- Open the floor for discussion.

CONCLUSION: In order to develop and maintain healthy families we must become better acquainted with our own family members through quality interaction. And we must also develop open and honest supportive relationships with our extended families as well as other families in our neighborhoods and communities.

