



# FAMILY CENTER Free Workshops

Sponsored by Holy Family University and  
The Sisters of the Holy Family of Nazareth

*"The kingdom of God's love 'first blossomed miraculously in the Holy Family' and 'is to be cultivated...within families.'"*

- Blessed Mary of Jesus the Good Shepherd,  
Foundress of the Sisters of the Holy Family of Nazareth

## Mission

The Mission of the Holy Family University Family Center is to provide resources to families through education, counseling, consultation, and advocacy. These resources serve to empower families to adapt to changes in the environment, changes in relationships within the family, and the changing needs of family members.

## Goals

**The goals of the Family Center are to offer services that:**

- enhance family processes of nurturing, support, and socialization
- respect family boundaries
- address expressed concerns of the family
- link families with community resources
- support outcomes of family survival, family continuity, and family growth

# Living Fully Exploring and Learning Series

## Spring 2018

All sessions are **7:00–9:00 pm** in **ETC 215**. Upon completion of the four (4) sessions, participants will receive a certificate of attendance. Participants are welcome to attend as few or as many sessions as they desire.

Thursday  
April 5

### **QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention**

**Patricia M. Joergensen, EdD**, Associate Professor of Mathematics Education, School of Education, Holy Family University

This session is designed to teach parents, friends, neighbors, teachers, coaches, etc., the warning signs of a suicide crisis and how to respond. Participants receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources.

Thursday  
April 12

### **Welcoming God's Children As Jesus Did**

**Sister Sonia Avi, IHM**, Faith Formation Director, Saint Charles Borromeo Roman Catholic Church

This session will prayerfully share some testimonies about why God's children choose to leave home in order to survive. Some facts and myths about ways our immigrant communities contribute or not to the system as well.

Thursday  
April 19

### **"Boomerang Children" ...How to Cope When the Birds Return to the Nest**

**Rabbi Jeffery Schnitzer, MEd, MSC, MFT**, Private Practice Therapist and Retired Educator

In this session, we will discuss the changes in the family dynamic that take place when adult children return to their parents' home, the triggers that create stress in both children and parents, and how "Internal Family Systems®" therapy may provide relief.

Thursday  
April 26

### **Couponing 101**

**Angela Cutchineal, MSHE**, Director of Experiential Learning, Holy Family University

This session provides participants with new strategies to use coupons for the best grocery deals. Save 50% or more off your next grocery order and still buy the stuff YOU want!



## Praise for the Workshops

*"I enjoyed all of the material presented in the sessions I attended. I felt empowered with the knowledge I gained. Thank you—great job!"*

*"Attending all 6 classes helped me a lot with bringing up my children, especially to understand them, their feelings and understand how important it is to treat them equally as family members."*

*"Thanks for helping us to be better parents."*

*"Very much enjoyed these sessions. All the presenters were knowledgeable and interesting and the time flew by."*

*"Think of your presentations as planting 'little seeds!' The participants as sponges absorbing your passion and love of the Lord!"*

*"A most excellent, interesting, life enhancing, and spiritually enjoyable program."*

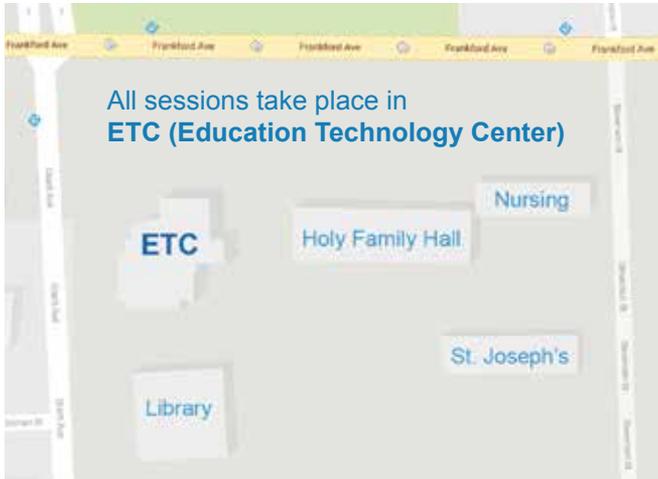
*"I appreciate the learning and fellowship that is generously being offered here."*



*"I am grateful for these enlightening workshops and appreciated the University's generosity."*

*"The workshops were well done and it is a terrific program."*





## Registration

online: [www.holyfamily.edu/familycenter](http://www.holyfamily.edu/familycenter)

email: [familycenter@holyfamily.edu](mailto:familycenter@holyfamily.edu)

call: 267-341-3407

**Sister Angela Cresswell, CSFN, PhD**

*Director, Family Center*



**Holy Family**  
UNIVERSITY

9801 Frankford Avenue, Philadelphia, PA 19114-2009