

# PROGRAMME MENU



January – December 2022

## PARENTING

### **T** **Raising Future-Ready Kids: Suicide Prevention & Mental Health**

*Supporting kids to thrive in life*

Life brings with it the inevitable challenges that can sometimes threaten to derail our child. Do you know if your child is experiencing overwhelming anxiety, demonstrating signs of depression, or has even entertained thoughts of suicide? Discover how to build a strong foundation of open and ongoing communication so that you are the first – and last – line of defence for your child's mental wellbeing and success in life.

### **T** **Raising Future-Ready Kids: Mental & Emotional Resilience**

*Building B.O.U.N.C.E for the bumps in life*

We live in an increasingly fast-paced and competitive society often described as a VUCA (Volatile, Uncertain, Complex, Ambiguous) world, where the pressure to succeed and perform can leave our children feeling panic-stricken and overwhelmed. How can we nurture our child's psychological resilience to better manage stress? Be empowered to emotionally coach your child towards a positive and healthy attitude for learning and living!

### **T** **Raising Future-Ready Kids: School Readiness & Social Intelligence**

*Giving them a headstart for primary/secondary school*

Transitions are part and parcel of life, but how can we prepare our child for them? Understand your child's changing world and learn how you can equip your child holistically to embrace change and adapt to a new environment, so that they get along well with others and confidently engage the world!

### **T** **Raising Future-Ready Kids: Relational Health & Sexual Intelligence**

*Parental guidance to talk about sex*

Talking about sex can be one of the most daunting tasks for parents, especially if we never had the subject broached with us when growing up. How then can we confidently discuss healthy sexuality, love and relationships with our children? Discover how you can help your child make wise decisions from young for their body and their love life!

### **T** **Raising Future-Ready Kids: Media Literacy & Digital Intelligence**

*Empowering kids to navigate the virtual world*

New technology and social media has exposed our children to information and interactions never imagined possible. While exciting, it can also pose dangers unknown. Plug into the cyberworld to help your child develop digital savvy in media discernment, online safety, data privacy and digital etiquette.

### **W** **The ParentEd Dialogues**

*Personalised parenting solutions for your unique child*

- Dialogue 1 | The Parent Species: Becoming the parent we want to be
- Dialogue 2 | C.S.I - Child Species Investigation: Bringing out the best in your unique child
- Dialogue 3 | Creative Correction: Making discipline firm and friendly
- Dialogue 4 | High-5s at Home: Nurture the parent-child relationship

These dialogues promise candid sharing and stimulating conversations among likeminded sojourners on the parenting journey. It's a great place to acquire timeless principles, priceless perspectives and practical tools for informed, involved and intentional parenting!

**T** **Talk:** 45mins - 1hr

**W** **Workshop:** 2-3hrs

Conducted online (on Zoom) or onsite, unless otherwise stated. Fees and conditions apply.

# PARENT-CHILD



## Talk About... Anything

*Safe space for sharing between parent and tween (aged 10-12)*

[Choose 1 topic per session]

- relating as a family
- media and technology
- love and sex

Finding it challenging to get through to your blossoming teenager? Are you able to get to the heart of the matter, or to matters of the heart? Here's an opportunity to have facilitated, real-time, honest conversations on touchy topics, growing up, life in general or anything that matters!

# WORK-LIFE



## Work-Life Success in the New Norm

*Bringing your best to work and home*

As the world continues to change, so does the definition and form of work, and what it means for our livelihood and lifestyle. Rediscover the meaning of work and significance of life, as you gain tools for managing work and personal commitments and goals.



## Bridging the Gender Divide for Work-Life Excellence

*Thriving relationships with the opposite sex at work and at home*

An inclusive work culture starts at home, but is also influenced by societal norms, corporate expectations and personal experiences. Explore how to navigate gender differences for better communication and family connectedness, team engagement and workplace efficacy.



## Leadership Excellence at Work & Home

*Work-Life success for working parents*

Excellent practices at the workplace will positively impact the home, and vice versa. How can we navigate life at work and outside of work, when boundaries between the office and home get blurred? Identify your work-life needs and styles, and acquire structures for work-life excellence.

# MARRIAGE



## Celebrating Marriage

*Keys to intimacy and happiness*

What often prevents us from baring it all to our spouse is the fear or lack of know-how in articulating our innermost needs, hopes and desires for our marriage. Acquire time-tested practical wisdom for a candid insight into what can enhance your marital relationship, and turn a good marriage into great marriage!



## Virtual Date Night (Online only)

*Celebrating fresh love, hot romance and strong marriage*

Life can become tedious, and relationships boring. But allowing a little fun and excitement can liven up your marriage, and strengthen your commitment as husband and wife. Join us for a night of romantic connection and meaningful conversation!



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**Workshop:** 2-3hrs

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# FAMCHAMPS

FamChamps® is a youth development initiative of Focus on the Family Singapore that raises young family champions in Singapore who believe in, live out and champion family. Since 2014, we have partnered secondary schools and other organisations to equip, empower and commission youths to represent their generation in bringing change to their communities, starting with the family.

## YOUTH (Primary 6 & Up)

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### All in the Family: Talk

*Bridging the communication gap with parents*

The generation gap isn't a new phenomenon but has been accentuated by a fast-paced world of modern digitalisation. Yet, the need for youths to connect with parents remains and is perhaps even more critical in a remote-controlled, online world. Be inspired with practical solutions to overcome the hurdles to effective communication and meaningful conversation at home!

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### All in the Family: Love

*Showing appreciation for and to the family*

Everyone desires a good family and home environment, but transiting into adolescence and through teenage life can prove tricky for both youth and parents. How can we overcome the awkwardness in relationship to express appreciation and cultivate a stronger bond with our parents? Discover how love can start with you, regardless of life's circumstances or our family's situation.

W

### FamChamps Workshops

*Equipping teenagers (aged 13-14) to navigate the way forward in their family life journey*

F.A.M.I.L.Y – Perhaps it was easy to say F.ather A.nd M.other I. L.ove Y.ou, but now that we're older and smarter, it seems cheesy at best. Get the low-down on why family matters, and more importantly, how it can work for you!

- #1 Acknowledge: Discover how your family of origin shapes who you are
- #2 Appreciate: Discover the importance and role of parents in a teenager's life
- #3 Advance: Discover your dream for your present and future family

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# EVENTS

E

**Be.Live Conference: 2 Jul 2022** (online only)  
*Engaging youths (aged 13-19) on family topics and issues*

It's not always easy to talk about the family, especially when no family is perfect and young people can find relationships at home challenging. Hear the stories of different youths on their family situations, dialogue on family issues that affect young people, and rediscover why family matters. Join the national movement of young people who believe in family, live it out and champion the building block of society for their generation!

E

**Be.Live Camp: 25-27 Oct 2022** (hybrid)  
*Equipping teenagers (aged 13-14) to believe and live out family*

Navigating family life can feel like a hike up a mountain, but the journey to the top doesn't have to be an uphill battle! Join other likeminded youth on the journey to discover the real meaning of family. This 3-day camp will help unravel the secrets of what makes family tick and empower you to (re)write your own family story.

*\*Includes a complimentary Honour Night session where parents are included.*

T

**Talk:** 45mins - 1hr

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**Workshop:** 2-3hrs

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**Events**

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**For enquiries, please contact us:**

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