

PROGRAMME MENU

January – December 2024



PARENTING

T **Raising Growth-Minded Kids** *Navigating school transitions with confidence*

Transitions are part and parcel of life, but how can we prepare our children 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 Resilient Kids** *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 Relationally-Smart Kids** *An integrated approach to love, sex and relationships*

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 in their relationships.

T **Raising Screenwise Kids** *Empowering kids to navigate the virtual world*

With so much of our children's time now spent online, how can we raise them to be screenwise and future-ready? It can be a parent's greatest challenge to set limits on screentime and boundaries around digital content consumption. Yet if done right, our children can be empowered to consume media wisely. Learn how you can create a healthy, balanced relationship with technology for your child that goes beyond mere rules and restrictions.

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: Nurturing 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

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

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



Workplace Success & Significance

Harmonising work and life goals

In this demanding and fast-paced society, how can working individuals achieve personal work-life effectiveness and find significance both at and outside of work? Rediscover the meaning of work as you gain tools for managing work and personal goals. Be clear of your priorities, have the right perspective of success and learn how to pace yourself.



Work-Life Success for Working Parents

Leadership excellence at work & home

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 a great marriage.



Connect2 Marriage Preparation

Connect2 Marriage Preparation Workshop aims to help couples address issues that you may face as newlyweds, build a solid foundation in the early years and learn how to really love each other — for life.

Talk: 45mins - 1hr

Workshop: 2 - 3hrs

Fees and conditions apply.

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)

T **FamChamps® Assembly | 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.

T **FamChamps® Assembly | 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 a 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® Workshop | All in the Family: Acknowledge**
...how your family of origin shapes who you are

Ask almost any youth, and they would say that family is important. But how exactly does family make a difference in their lives? Through this interactive workshop, youths will explore their family experiences and relationships to discover the true value of family.

W **FamChamps® Workshop | All in the Family: Appreciate**
...the importance and role of parents in a teenager's life

"Why can't my parents understand me?" "Why are my parents like that?" Misunderstanding and miscommunication between parent and child are common, but can they be prevented? Through this interactive workshop, youths will discover how parents think and learn useful tips to communicate with them.

W **FamChamps® Workshop | All in the Family: Advance**
...your dream for your present and future family

"What's the difference between infatuation and love?" "When should I start a relationship?" "Is there still such a thing as love at first sight?" Through this interactive workshop, youths will better understand love in relationships and start thinking about the future spouse and family they would like to have.

T **Talk:** 45mins - 1hr **W** **Workshop:** 2 - 3hrs

Fees and conditions apply.

EVENTS

FamChamps® Camp Experience

Equipping teenagers (aged 13-14) to believe, live out and champion family

An 8-month mentoring journey that will provide experiential learning, equipping, and envisioning for youths to understand and strengthen their present and future families. The 3 phases of the FamChamps Camp Experience are:

- **Phase 1: FamChamps Camp* | 28 Oct – 31 Oct 2024**
An intensive residential camp that introduces students to fundamental family values and the importance of family. This 4D3N camp will help unravel the secrets of what makes family tick and empower you to (re)write your own family story.
- **Phase 2: FamChamps Training | December 2024 – April 2025**
Ongoing mentoring, conversations and equipping on pertinent family topics or issues as well as completion of Family Challenges and Family Service Projects.
- **Phase 3: FamChamps Awards | July 2025**
An awards ceremony to celebrate students' completion of the FamChamps Camp Experience and recognise their achievements in championing family.

**Includes a complimentary Honour Night session where parents are invited.*



Talk: 45mins - 1hr



Workshop: 2 - 3hrs

Fees and conditions apply.

For enquiries, please contact us at:

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