

TCF: The Christian Family

BALANCE IN AN IMBALANCED WORLD

Program & DINNER! • For Parents & Children of all Ages

First Sunday Every Month, 4:30-6:15 p.m. at First Church
SIGN UP: Contact Seth at youthya@fumc.org or call 608-960-0535



One of the most common frustrations both parents and youth express, is how stressed out and overwhelmed they are. It's exhausting trying to balance our values, relationships, and spiritual/emotional health while keeping our heads above water with the demands of work, volunteering, homework, and school schedules.

This series is designed to be a resource for families to help restore a sense of balance in daily living followed by a free, delicious dinner and opportunity for fellowship with other families in the church.

October 1

WHAT'S OUR FAMILY ABOUT?

Taking a look at the values that are important to you, we'll help you craft a mission statement for your own family. Kids will create a family crest based on their values.

November 5

MANAGING STRESS, FINDING PEACE

Led by Wellness Coach, Paul Riehemann, families will learn about tools to help them navigate between values and obligations. Kids will participate in a Yoga-based mindfulness activity led by Yoga instructor, Meg Miller.

December 3

UNPLUG THE CHRISTMAS MACHINE

It's easy to get caught up in consumerism during the Christmas season. Families will design practices that keep us rooted in our values of how we spend our time and money.

4:30-5:30 p.m.: Interactive Program With Special Presenters

Parents: Room LL05, Children & Youth: Room LL04

5:30-6:15 p.m.: Dinner Together (freewill offering)

Nursery Care Provided



A great time to connect with other parents and re-center the focus on family.

Questions? Contact: Seth at youthya@fumc.org



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