

Help us make things like these happen in 2012:

Social Media & Relationships Conference

We're pulling together a team of local leaders to host a conference on social media and relationships. Facebook, Twitter, and other social media have a tremendous impact on how we form and develop relationships. There are both benefits and dangers to this trend, and the community is largely not addressing the issue. We think it's time that we step up and take it on.



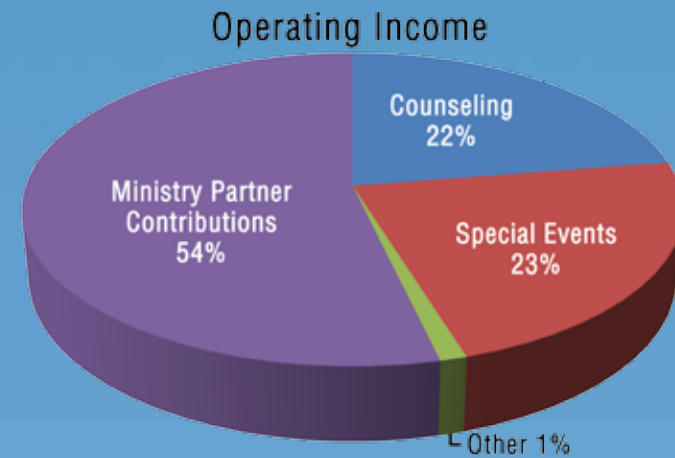
Teen Support Group

Teens today experience enormous stresses that lead to higher rates of depression, anxiety and suicide. Several students in Benton County committed suicide last school year. In response to these needs, the

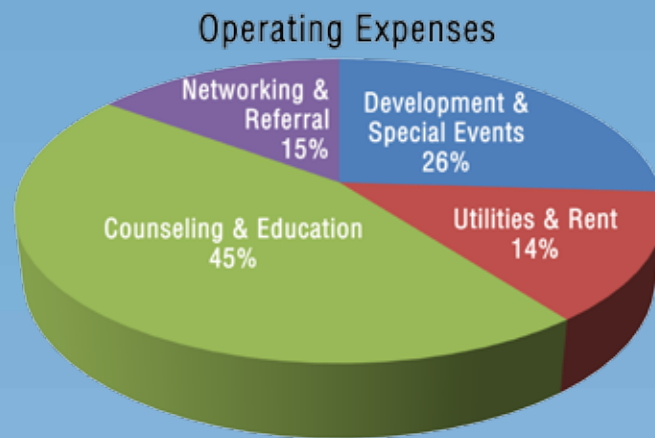


Benton County Foundation gave us a small grant for a 12 to 15 week support group for high school students. Staff member Nichole Hoffman and an OSU intern will lead the group.

Financial Overview



Operating Income		Operating Expenses	
Ministry Partner Contributions	\$ 108,210	Ministry Operations	\$ 85,523
Counseling	\$ 45,382	Counseling & Education	\$ 57,046
Special Events	\$ 45,710	Networking & Referral	\$ 18,712
Other	\$ 2,293	Development & Special Events	\$ 32,592
	<u>\$ 201,595</u>	Utilities & Rent	\$ 17,110
			<u>\$ 210,983</u>



How can you help?

We invite you to partner with us by praying, volunteering, and giving financially as together we pursue our mission to build healthy relationships and healthy homes.

2 0 1 1 A N N U A L R E P O R T



Healthy Relationships.
Healthy Homes.

CORVALLIS: 505 NW Harrison Blvd. • (541) 757-1761 www.fofm.org ALBANY: 425 Ellsworth St. SW • (541) 917-8957

From our founder and executive director, Ken Himes:

Fifteen thousand marriages end in divorce in Oregon each year, affecting over 13,000 children under 18. Children of divorce fare far worse than children from intact homes: academic achievement, mental and physical health, unwed births, poverty, sexual abuse, drug and alcohol abuse, and crime.

Divorce's damage on children is preventable. Two-thirds of divorces are simply because the parents don't get along. Marriage education reduces strife, improves communication, increases parenting skills, and enhances marital happiness.



Ken & Mary Himes

Friends of the Family tackles these growing problems with local solutions. We're dedicated to promoting healthy homes and healthy relationships through education and counseling.

Over the last 17 years hundreds and thousands of everyday folks have joined the cause and received the blessings of this ministry. This report tells the story of what God has done in the past year, and gives a glimpse of what's to come.



EDUCATIONAL SERVICES

Healthy Relationships Education Project

Eighty percent of teens expect to be married some day, but many fear they won't succeed. With the divorce rate at 40-50%, they settle for cohabitation as a way to beat the odds. Studies show that cohabitation actually increases the chances of divorce by up to 50%.

What options can we offer so that teens will have genuine hope of healthy, lifelong marriages?

That's the goal of our Healthy Relationships Education Project.



Chris, Corvallis High School Student

—CHRIS' STORY—

A sophomore at Corvallis High School, Chris is one of the 975 students we reached this year.

When my mom talks to me about things I don't like to hear about myself, like when I fall short of her expectations of me, I used to get defensive

and withdraw. Since the class, I try to take some time to think about what she said and I make an effort to respond better. Now I go back and resolve it instead of walking away.

Hundreds of mid-Willamette Valley teenagers like Chris learned about improving relationships with family, friends and dating partners.

“If I had a girlfriend now, I'd handle problems differently...”

Students from Philomath middle and high schools, Cheldelin Middle School, Corvallis High School, Santiam Christian School, Franklin School, Timber Ridge School, South Albany High School and West Albany High School learned about communication, handling conflict, recognizing signs of abuse and using skills that all relationships need.

Our presentations are offered free of charge – it's our way of serving local schools and touching young lives.



Cindy in class at Santiam High School

Chris says the class helped him understand himself and his relationships better.

After the class, I saw some of the 'danger signs' in my relationships and it gave me guidance on what to do. I've been in dating relationships before, but if I had a girlfriend now I'd handle problems differently and use what I learned to strengthen the relationship.

COUNSELING SERVICES

Education cannot entirely eliminate broken lives. Through our Corvallis and Albany offices, we offer professional counseling and referral services from a deeply Christian perspective.

Last year we provided 1003 counseling sessions, 596 in our Corvallis office, 407 in Albany.

Our clients range from young children, to teens, young adults, middle-aged adults, and seniors. We work with couples who are dating, engaged, married, separated, or divorced.

We help families with parent-child and parent-adult child issues, as well as individuals with



Ken Himes in his counseling office

personal and relational problems, such as anxiety, depression, grief, affairs, addiction to pornography, and marital communication.

OTHER EDUCATIONAL SERVICES

- 8 couples received 6 sessions each of premarital coaching.
- 98 attended our parenting classes.
- 54 attended our marriage and relationship retreats.
- We put on or participated in 13 public awareness events, including:



Spring Banquet

- Celtic Christmas Concert at LaSells-Stewart Center (1,105 attended).
- Annual spring banquet and silent auction (196).



Grad & Career Retreat

INFORMATION & REFERRAL SERVICES

We fielded 527 calls from people asking us to help them find other appropriate counseling services.

—TIMMY'S STORY—

Although we can't divulge the details of the painful stories we hear, we can give you a look into one story about a child that Mindy, one of our counselors, helped. (The child's name and some details have been changed to preserve privacy.)

Timmy came to counseling because of the sudden and unexpected death of his father, with whom he was very close. Initially Timmy was very shy and didn't open up.

After several weeks of playing with various toys and games, Timmy chose to play with the sand table. The sand became a tool for Timmy to remember his dad and talk about him.



Mindy Landrum, Child & Family Therapist (at sand table)

“The sand became a tool for Timmy to remember his dad...”

Timmy was able to use the sand to recreate parts of his dad's life. He began to feel more comfortable talking about who his dad was, the memories he had of him, and what he missed the most. Although the pain and sadness of losing his father will come and go, Timmy left counseling knowing things he can do when he misses him the most.