

*Tuesday, December 4
7:00 in the evening*

*LaSells—Stewart Center
Corvallis, Oregon*

No admission charge

*A donation will be accepted to
promote healthy relationships
and healthy homes*

*Dreams of a
Christmas Night
A Celtic Christmas Concert*



*An evening of contemporary Celtic music
celebrating the season of Christmas
with artists Jeff Johnson, Brian Dunning
& special guest, Gwen Franz*

Healthy Relationships. Healthy Homes.

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505 NW Harrison Blvd.
Corvallis, OR 97330



Fall 2007

In this issue:

Meet Colleen Ghasedi

“Rewiring Premarital
Preparation” Workshop

Outreach to Parents

Play Therapy Items

Building Bridges Between
Church and State

Healthy Relationships
Education

Tools for Two Workshop

New Faces at FOFM

Upcoming Events

“Dreams of a Christmas
Night” Celtic Concert

505 NW Harrison Blvd.
Corvallis, OR 97330

425 Ellsworth Street SW
Albany, OR 97321

541.757.1761

friends@fofm.org

www.fofm.org

Connections

Meet Colleen Ghasedi, Our New Child and Family Therapist

A native Oregonian, Colleen was born and raised in Corvallis, and enrolled in OSU to pursue an elementary education degree. Her interest in counseling emerged when she found herself drawn to children struggling socially and emotionally. She received a BS degree in human development from OSU, got married and moved to Newport, OR. There she worked as a Family and Child Victim Advocate and Advisor for the district attorney’s office, until the birth of her daughter, when she opted to stay home. She remained involved with community programs by teaching a teen parent program, writing grants to fund a Christian teen shelter, helping with a school violence prevention program, and teaching children’s church and Sunday school.



When the family moved to Pleasant Hill, Colleen worked as a research assessor for the Oregon Social Learning Center and at Lane Community College in the Child Development lab. In 2002 they moved back to Corvallis and Colleen worked with developmentally disabled students at the Corvallis School District, and taught at Linn-Benton Community College in the Family Resources and Parent Education Department. Following the pain of divorce, Colleen began her graduate degree in counseling and worked as an adult case manager for Polk County Mental Health. During the final year of her graduate school, she interned at Old Mill Center for Children and Families as a child and family therapist. There she found a passion for play therapy, helping children identify and express their feelings through play.

Colleen has worked with children, teens, and parents addressing issues such as depression, anxiety, ADHD, social skills, posttraumatic stress, parental incarceration, anger, divorce, attachment, and foster care. Contact either our Corvallis (757-1761) or Albany (917-8957) offices to schedule an appointment with her. She also does workshops on a variety of topics. Welcome to Friends of the Family, Colleen!

See page 3 for needed play therapy items

Healthy Relationships. Healthy Homes.



“Rewiring Premarital Preparation” Workshop Coming to Corvallis

Friends of the Family Ministries will host Jason Krafsky on January 22, 2008 for a “Rewiring Premarital Preparation” workshop to equip pastors, ministry leaders, and marriage educators. The workshop will focus on the best ways to communicate premarital preparation to the current generation and accommodate their ways of learning. How to handle the growing cohabitation rate will also be addressed

Jason Krafsky has helped communities and churches prepare couples for marriage, as well as enrich and mend hurting marriages. Through his decade-long work at Families Northwest, and now with California Healthy Marriages Coalition, he has trained thousands of community, faith, and government leaders to advance marriage and family efforts aimed at turning the tide of family breakdown. For more information about Jason visit his website, www.fullmarriageexperience.com.

The workshop is part of Friends of the Family’s efforts to build healthy homes by training leaders to equip couples for life-long successful marriages.

The October 16, 2007 Oregonian reported in an article titled “Finding Wedded Bliss, Minus a Few Blisters” that the U.S. Department of Health and Human Services stated “couples who undergo just eight hours of premarital counseling divorce at a rate 30 percent lower than others.”

To register, contact Friends of the Family at 541-757-1761.

Rewiring Premarital Preparation Workshop with Jason Krafsky

When:

Tuesday, January 22, 2008.
10:00 am to 1:30 pm
including lunch.

Where:

Calvin Presbyterian Church
1760 NW Dixon
Corvallis OR

Who:

Ministry leaders, pastors, educators

How Much:

Early-Bird Rate — through 1/8/08
\$15/person or \$12/person for 3
or more from same church or organization.

Regular Rate — after 1/8/08
\$20/person or \$17/person for 3
or more from same church or organization.

New Faces at Friends of the Family



Paul Schweitzer

Board Member
is an engineer at Hewlett Packard. He and his wife, Rebekah, have a daughter Elysia.



Ineke Loux

Administrative Assistant
joined us in the summer. She and her husband, John, have two sons Jae Yung and Tristan.



Sarah Rhodaback

Fall Term Intern
is a junior at Oregon State University in Human Development and Family Sciences.

Capsule of Coming Events

- **November 15**, Calvin Presbyterian Church, Corvallis: Oregon Department of Human Services staff meet for lunch with Corvallis area pastors and ministry leaders to exchange information about what DHS does and how church volunteers can serve the needy.
 - **December 4**, 7:00 PM, LaSells-Stewart Center, Oregon State University: “Dreams of a Christmas Night” free concert with Celtic musicians Jeff Johnson, Brian Dunning and Gwen Franz. Donations received go to support our outreach.
 - **January 22**, Calvin Presbyterian Church, Corvallis: “Rewiring Premarital Preparation” with Jason Krafsky of Full Marriage Experience. A workshop, including lunch, to help area pastors and ministry leaders teach successful marriage skills in ways most relevant to the current generation.
 - **January 26**, College United Methodist Church, Philomath: “Tools for Two” workshop with Ken and Mary Himes teaching skills for healthy marriage and family relationships.
 - **March 8**, Family Resource Fair, Linn Benton Community College: “Couples Communication” workshop taught by Ken Himes.
 - **April 25**, Spring fundraising banquet at CH2M Hill Alumni Center. Save the date.
- Check our web site, www.fofm.org, for more details about these and other upcoming events!

Continued from page 5

find them. But over half tend to agree that it's about finding the right person, not being the right person. We discussed the idea that maybe it's about becoming the right person. You can become the right person by learning to break old communication habits and focusing on building positive relationships with parents and friends.

70% of students said that they know someone who has been physically or emotionally abused. Learning how to communicate and recognize barriers to communication can help some students break the cycle of verbal and emotional abuse. I have presented in child development classes how parents teach children to communicate, and how that establishes life-long habits. During our discussion of family communication dynamics, one very perceptive student exclaimed, "My mother does that all the time! We should take a class like this together. We are always escalating into ugly fights over nothing."

Every day I am fascinated by examples I find in my life that reinforce the importance of communication skills and gender differences. Just recently my five-year-old daughter and two sons, 7 and 3, were building ships from Legos. After hours of building, they presented their ships to my husband and me. Our two sons had ships perfectly symmetrical, linear and very representative of real-life ships. They explained their ship's rocket boosters and laser guns, and how fast they could go. Our daughter had an asymmetrical, eclectic collection of items assembled around their artistic merit. As she explained her creation, we learned that every piece was devoted to the comfort of the passengers.

How amazing to see how our thought processes develop! Boys and girls can and most often do think differently and see the world in distinctly different ways. I'm blessed with my jobs as a parent and as a teacher to help our youth find ways to harness those different perceptions. I'm excited that I can help them communicate with each other to build lasting healthy relationships

Tools for Two Workshop Scheduled for January 2008



Couple at the April 2007
Tools for Two Workshop

When: Saturday, January 26, 2008 from 8:30 am — 4:00 pm

Where: College United Methodist Church, 1123 Main St in Philomath, OR

Who: For couples who are seriously dating, engaged, or married

What: Ken and Mary Himes present communication skills that will deepen and strengthen relationships.

How much: \$40/couple, payable to the College United Methodist Church

How to Register: Contact Pastor Bill Seagren (541-929-2412)

Outreach to Parents in the Community

Over twenty parents of young children met for three Tuesday evenings in October at Calvin Presbyterian Church in Corvallis for our Practical Principles of Parenting workshop. Ken and Mary Himes equipped parents with user-friendly, biblically- and research-based perspectives that will help them raise secure and well-adjusted children. Nearly all of the parents were from outside the church, many from public schools in the area.



Parents listen and take notes as Ken and Mary Himes expound on parenting principles



Here's a sampling of their comments:

- I'm "beginning to grasp the balance between love & justice; learning the two questions kids are asking."
- I want to show love to my child by "joining her in activities SHE loves to do...so she feels LOVED in HER language."
- I learned "that there are six different correction methods and it is OK to use more than one or two. It's also OK for my husband to use which ever one he chooses – even if it differs from my preferred method."
- "This workshop was wonderful! I just wish it went on for a longer period of weeks!"

Play Therapy Items Needed

Friends of the Family is seeking the following items to be used for play therapy. Contact our office at 541-757-1761 if you wish to donate something.

colorful, kid-friendly area rug
bean bag chair or large pillows
small bookshelf
toy school bus
toy soldiers
little cars
toy airplane

wooden doll house
doll families
baby dolls
toy dishes, spoons, forks
child's broom and dustpan
child's tool kit
child's doctor kit



Building Bridges Between Church and State To Benefit the Poor

Friends of the Family has launched a major new initiative to serve the poor in the mid-Willamette Valley by partnering with the Oregon Department of Human Services (DHS). We are bringing pastors and ministry leaders together with DHS staffers to identify ways that people of faith can fulfill Christ's calling to bless the needy in our area. We're helping to link church volunteers with needy children and families.

Among the ideas emerging for volunteering:

- **Christmas Project:** Assist with shopping and wrapping gifts for DHS children.
- **Care Packages:** Children placed in foster care often have only the clothes they are wearing at the time. DHS needs basic supplies for these children.
- **Volunteer Drivers:** Transport children in foster care to and from their weekly visitations.
- **Teen Mentoring:** Structured one-to-one mentoring with teens living in foster care.
- **Family Mentoring:** Low-income families face enormous stresses. The pressures can severely disrupt family life and lead to homelessness. The Family Mentoring Program helps families overcome these stresses and prevent homelessness.
- **Foster Parents:** Family foster care is an essential child welfare service for children and their parents who must live apart temporarily because of physical abuse, sexual abuse, neglect, or other special circumstances. Foster families are recruited, trained and licensed to care for abused and neglected children temporarily, while their parents work with social work professionals to resolve their family issues.
- **Supporting Foster Parents:** Assist a foster parent by providing a weekly meal to the family, providing respite child care, or providing a weekend respite. Small groups from faith communities might work as a team to assist a foster family.

This list is only a start. Other ideas are taking shape as well. If you, your small group, or church would like more information about any of these volunteer opportunities, or others like them, please contact me at the Friends of the Family office.

You can touch a life in ways that will last a lifetime. - Ken Himes



Healthy Relationships Education: Helping High Schoolers Answer the Questions that Matter Most - Sara Wright



Building from last year's presentations and feedback from teachers and students, I look forward to what we can accomplish this year. Already we are scheduled to introduce the premarital unit at Santiam Christian High School on November 1. And we have confirmed plans with teachers at Scio, Lebanon, Philomath, and Corvallis high schools to provide presentations in their relationship classes this spring.

This fall we will connect with the area's Family and Consumer Studies teachers at their regional meeting. We will introduce the relationship curricula from our lending library. Teachers will have a chance to see the materials first hand, ask questions, and arrange for us to do presentations if that meets their classroom needs. All teachers interested in healthy relationships are welcome to attend.

My number one goal is to support teachers in our community who teach teens about relationships and interpersonal skills. The need for students to learn these skills is certainly huge. I have had the opportunity to hear from students about their feelings and struggles as they navigate through relationship issues. Over the past year students have responded to an anonymous survey I have distributed before each presentation, and through this survey I am gaining a better understanding of their issues.

Of over 100 students surveyed, 75% of them agreed with the statement that living together before marriage is a way to see if you are compatible. Although this statistic may sound dramatic, it is a concept many students feel strongly about and I believe learn from our society. We've had several lively discussions about the difference between being married and being roommates. The discussion of the concepts of commitment, perceptions and expectations of husbands and wives vs. roommates was a long-standing debate last year. It's been a healthy debate that I'm sure gave many students time to think about their concepts of relationships and where they come from. We've discussed what makes this concept rational or irrational, and why living together before marriage does not represent a marriage relationship.

53% of students agreed with the statement that it's "All about finding your 'soul mate.' If you find the right person then you will have a successful marriage." Some students comment that they may never find their soul mate and they could make it work if they don't

Continued on page 6