

HEALTHY RELATIONSHIPS HEALTHY HOMES

Friends of the Family has been promoting healthy relationships and healthy homes through education and counseling since 1994.

We recognize the challenges that face marriages and families today. We provide counseling, education and information to people as they build healthy relationships. When couples, families and communities work together, homes are transformed.

- Counseling Services
- Education
- Community Networking
- Relationship Resources



Marriage Builder Seminars provide a "safe environment where couples can learn some skills without feeling criticized or over pressured."



Staff:

David Wood, Marriage & Family Therapist
Ken Himes, Executive Director & Counselor
Margie Brown, Bookkeeper
Janice Adams, Development Coordinator
Leigh Matthews Bock, Administrative Assistant
 (Back to Front ~ Left to Right)

Board of Directors:

Sheri Albin, Business Owner
Peggy Collins, *Chair*, State of Oregon Building Official, Retired
John Dezzani, Litigation Attorney
Vicki Eick, *Secretary*, Women's Ministry Leader
Ronald Johnson, *Treasurer*, Senior Pastor
Linda LaVallee Conniff, Licensed Clinical Social Worker

FRIENDS OF THE FAMILY

Corvallis Office
 505 NW Harrison Blvd.
 Phone: (541) 757-1761

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 425 Ellsworth St. SW
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 www.fofm.org

FRIENDS OF THE FAMILY

MARRIAGE BUILDER SEMINARS

PRACTICAL SKILLS
TO STRENGTHEN YOUR
MARRIAGE



MARRIAGE BUILDER SEMINARS

DO YOU WANT A TRULY GREAT MARRIAGE?

If you and your spouse or fiancé would like a deeper friendship, fewer difficult conflicts, closer spiritual intimacy and a renewed enjoyment of each other, join Ken and Mary for a day of building your marriage.

During the seminar, they will introduce and model skills from the Christian Prevention and Relationship Enhancement Program (CPREP™). You will then have an opportunity to practice the skills privately as a couple before learning the next technique.



"The Marriage Builder Seminar strengthened our marriage and our commitment to each other."

TOPICS COVERED IN A MARRIAGE BUILDER SEMINAR

The Beauty of Marriage

- Oneness: God's design for marriage
- The power of commitment

Communication Tools

- Speaker-Listener Technique
- The difference between issues and events

Problem Solving

- Four key patterns that destroy oneness
- Ground rules for protecting your marriage
- Forgiveness and the restoration of intimacy
- Hidden Issues: what to do about unfulfilled expectations

The Blessings of Marriage

- Friendship, fun, sensuality, and spiritual oneness



"Very helpful tools which I know will make a difference for us."

SEMINAR LEADERS

Ken & Mary Himes



Dr. Ken Himes is the Executive Director of Friends of the Family Ministries. He has over 22 years experience as a pastor of two churches. In addition to his seminar work, he maintains an active counseling practice.

Mary is an elementary school librarian and a college graduate in psychology.

Both Ken and Mary are trained PREP™ and CPREP™ presenters. They have had a growing marriage for over 30 years and two adult daughters.

Together, Ken and Mary combine the professional expertise and personal experience to give couples practical skills that will help them live out the beauty of God's design for marriage. They have taught the Marriage Builder Seminar to hundreds of couples.

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