

Family

CENTRAL

Volume 11, Issue 1



Grosse Pointe • Harper Woods
Enrichment programs
for families & professionals

Sean Hogan-Downey To Discuss 'Unhealthy Relationships'

Begin the New Year right by "Recognizing the Signs of Unhealthy Relationships" with the help of Sean Hogan-Downey, one of The Family Center's most popular speakers.

To be held Tuesday, Feb. 15, at 7 p.m. in St. Michael's Episcopal Church, Yeoman Hall, 20475 Sunningdale Park, Grosse Pointe Woods (next to Parcels Middle School), the special *Ask the Expert* presentation will address:

- The Warning Signs of Toxic Relationships
- Power and Control in Teen Dating Relationships
- The Stages of Unhealthy Relationships
- Establishing Healthy Relationships
- How Parents and Friends Can Support Someone They Are Concerned About

Hogan-Downey is a licensed master social worker and a licensed marriage and family

Save the Date

MATTERS OF CHOICE: RECOGNIZING SIGNS OF UNHEALTHY RELATIONSHIPS

Tues. Feb. 15, 2011, 7 p.m.

Presenter:

Sean Hogan Downey, LMSW, LMFT

St. Michael's Episcopal Church, Yeoman Hall

20475 Sunningdale Park, Grosse Pointe Woods (next to Parcels Middle School)

No Fee

RSVP by Feb. 8, 313.432.3832

therapist. She has been in clinical practice for more than 30 years. For more than 10 years, she has worked with The Grosse Pointe Academy as staff consultant and school counselor. Hogan-Downey is a member of The Family Center's Board, Youth Program

Planning Committee and Association of Professionals.

"Regardless of gender, inexperience is a relevant factor since teens without much dating experience may not know what is and is not acceptable behavior in a dating relationship," says Hogan-Downey. "Some signs of an unhealthy relationship are being jealous of friends and family, no boundaries around frequency of contact, constant checking up when apart and changes in mood. Like so many social issues for teens, advice is not as important as connection to an adult who will listen and discuss how to help the teen explore possibilities."



Sean Hogan-Downey

Some early warning signs that a teen's relationship might be unhealthy include:

- Dropping school activities that used to be important
- Falling grades
- Dramatic changes in appearance, such as weight, dress or personal hygiene
- Significant decrease in time spent with other friends
- Bruises or injuries, unexplained or with an explanation that doesn't make sense

Source: Soroptimist International of Grosse Pointe. Soroptimist International of the Americas is a volunteer organization for business and professional women who seek to improve the lives of women and girls both locally and throughout the world. For more information about teen dating violence, please refer to the white paper *Teen Dating Violence* available in the white paper section of the Soroptimist website at www.soroptimist.org.



SOROPTIMIST
Best for Women

For more information about Soroptimist International of Grosse Pointe, visit www.grossepointesoroptimist.org or call Marya Malkovich at 313.881.3113.

"Recognizing the Signs of Unhealthy Relationships" is presented in partnership with St. Michael's Episcopal Church, CARE (Community, Assessment, Referral & Education), George R. & Elise M. Fink Foundation, Grosse Pointe North Parents Club, Henry Ford Medical Center – Cottage, HP Foundation, Mothers' Club of Grosse Pointe South and Soroptimist International of Grosse Pointe.

RSVP by Feb. 8 at 313.432.3832 or info@familycenterweb.org. Register online at www.familycenterweb.org. Program is free, all are welcome. Register early!

This presentation has been approved by the Grosse Pointe Public School System and the Harper Woods School District for staff development hours. Staff must sign the attendance sheet at the door to receive credit.

Our Community Cares
A fundraising partnership to support neighborhood and family programs in Harper Woods and Grosse Pointe.



Ashby's Sterling Ice Cream.....One scoop sundae for \$1.99 - limit 2 per visit (20081 Mack)
Chocolate Bar Café.....Large 8y coffee-Buy 1 get 1 FREE; 10% OFF fountain items (20737 Mack)
Dummys Dogs Coney.....10% OFF any purchase (371 Fisher)
Louis Pet Shop.....10% OFF any purchase excluding cat & dog food (20779 Mack)
Mack Avenue Diner.....Buy 1 dinner, get the 2nd dinner for 50% OFF (19841 Mack)
Nonas Pizza.....Round w/1 item - \$5 small, \$8 large; \$3 OFF any Square (19764 Harper)
Soutiere Golden Center.....10% OFF non-sale purchases, cash & carry only, labor excluded (9C3)
Sy 3rd Street.....Buy 1 entree, get 2nd for 50% OFF - not appetizers - Dine-in only (9C3)
The Big Salad.....FREE regular fountain drink w/purchase of soup, salad or sandwich (GPM)
Village Food Market.....10% OFF grocery purchases excluding alcohol & cigarettes (18330 Mack)

Reusable and Continuous Savings through May 31, 2011



Save money, help Family Center with K of C card

A \$10 investment can not only save you many times that in area goods and services; it can also directly benefit The Family Center of Grosse Pointe & Harper Woods and CARE.

The fourth annual Knights of Columbus "Our Community Cares" fundraiser card offers purchasers just such an opportunity. Just \$10 gets you an Our Community Cares card with re-usable discounts at 29 area businesses until May 31, 2011.

All proceeds will be used to support The Family Center and CARE programs in Harper Woods and Grosse Pointe.

The card is the same size as a credit card; so it is easy to carry around in your purse or wallet. All discounts are reusable until May 31, 2011. To purchase a card or for more information, visit The Family Center's website at www.familycenterweb.org.

The Family Center serves as the community's centralized hub that links families and professionals with resources that promote growth. Our mission is to promote a deeper understanding of the role of parents and others in supporting our youth to become competent, caring and responsible community members.

CARE is an agency that promotes the empowerment of individuals and families through relationships with schools, businesses, public services and other community based organizations. For more information about CARE or volunteering opportunities, go to www.careofmacomb.com or contact Anne Nearhood at anearhood@careofmacomb.com or 313.332.0972.

The Knights of Columbus is the world's foremost Catholic fraternal benefit society dedicated to its founding principles of charity, unity and fraternity. For more information about the Knights of Columbus or how to become a member, go to www.kofc.org or contact Jeff Wummel at jwummel@sbcglobal.net or at 313.598.3816.

FAMILY CENTER CALENDAR OF EVENTS Winter – Spring 2011

Winter-Spring, 2011

Watch for DINING FOR DOLLARS fundraiser*

February 1

GOOD & ANGRY:

A Positive Way for Busy Parents to Express Anger/Frustration Toward Their Children — Reduce or Eliminate Meltdowns & Explosions
Barnes Early Childhood Center
6 p.m., No fee

February 1

KINDERGARTEN: MAKING A SUCCESSFUL TRANSITION

Barnes Early Childhood Center
7 p.m., \$5 per person

February 15

MATTERS OF CHOICE : RECOGNIZING THE SIGNS OF UNHEALTHY RELATIONSHIPS:

Sean Hogan-Downey
St. Michael's Episcopal Church,
Yeoman Hall
7 p.m., No fee

March 13

CUPCAKE CHALLENGE

Grosse Pointe Hunt Club
1:30-3:30 p.m., Fee \$10/entry

March 2, 9, 23, 30

ASK THE EXPERTS SERIES

with Beaumont Professionals
Wednesdays, 6:30-8:30 p.m., No fee

March 2

Ask the Experts
Spirit of Giving
Grosse Pointe Academy

March 9

Ask the Experts
Simple, Enjoyable Family Dinners
University Liggett School

March 23

Ask the Experts
End Bedtime Battles
Assumption Nursery School

March 30

Ask the Experts
40 Developmental Assets
Assumption Nursery School

April 9

LEGO ARTISTS CHALLENGE
Barnes Early Childhood Center
10:30-3:30 p.m., Fee \$15/entry
Entries Submitted, April 8

May 12

PARENTING THE MIDDLE SCHOOL YEARS
The Grosse Pointe Academy
7 p.m., No fee

May 15

CHARITEA BEAR'S TEA PARTY*

May

ARE YOUR KIDS AT RISK?*
7 p.m., No fee

May 24

MEET & GREET
School, Mental Health & Health Professionals
The Grosse Pointe Academy
(Lakeshore House)
9-11 a.m., No fee

*See website for details

To learn more, watch for our fliers and visit our Web site:
www.familycenterweb.org

Preparing For Kindergarten Success: Easing the Transition

Is your child prepared for kindergarten? Does she or he have the critical skills necessary to make a successful transition? It is vital in the preschool years to provide your child with experiences to help him/her gain skills and build a foundation for school.

These important skills will be addressed in an expert panel presentation: "Kindergarten Part 2: Making a Successful Transition into Kindergarten" to be held Tuesday, Feb. 1. The presentation is sponsored by The Family Center of Grosse Pointe & Harper Woods and hosted by the Barnes Early Childhood Center.

A follow-up presentation to last fall's "Kindergarten: Get Ready!!" the Feb. 1 "Ask the Experts" program is designed to provide parents and professionals with strategies to facilitate the skills preschoolers need to be successful in kindergarten.

A panel of experts will focus on four critical categories:

- Academic and cognitive skills,
- Social, emotional and behavioral readiness,
- Communication and language skills, and
- Fine and gross motor skills.

Panelists will be Beth Moran, Lori Warner, Donna Tavalieri, Megan West and Julie Bellovich.

Moran, an early childhood teacher at Barnes Early Childhood Center, will discuss what skills children should be able to perform at given ages. She notes that "kindergarten is no longer just play time. It is now like first grade used to be and our children need to be prepared. There are now state guidelines on what a child needs to know as a kindergarten student."

Dr. Warner, a licensed psychologist and director of the HOPE Center, Center for Human Development at William Beaumont Hospital in Berkley, will discuss whether or not to wait another year before enrolling late birth date children in kindergarten, key social and emotional skills needed in kindergarten and what parents can expect their children to learn in terms of social and emotional growth



Beth Moran



Lori Warner



Donna Tavalieri



Megan West



Julie Bellovich

in kindergarten.

Panelist Tavalieri is a co-founder of Pediatric Potentials LLC, a private pediatric enrichment and rehabilitation clinic. West has practiced as an Occupational Therapist since 2003, following her graduation from Wayne State University. Tavalieri and West will present ideas on how to promote gross and fine motor skills, because they are critical to children's school success.

Bellovich, an Early Intervention Specialist at Barnes Early Childhood Center, will focus on what parents and early educators need to provide as the cornerstone needs for a child's later academic experiences.

"Kindergarten Part 2: Making a Successful Transition into Kindergarten" will be held from 7 to 9 p.m. at the Barnes Early Childhood Center, 20090 Morningside Drive, Grosse Pointe Woods. RSVP at 313.432.3832

Save the Date

Feb. 1, 2011

**KINDERGARTEN: MAKING
A SUCCESSFUL TRANSITION**

Barnes Early Childhood Center

7 p.m., \$5 per person

RSVP by Jan. 25, 313.432.3832

or info@familycenterweb.org. Register online at www.familycenterweb.org. A \$5 admission fee will be collected at the door.

This presentation has been approved by the Grosse Pointe Public School System and the Harper Woods School District for staff development hours. Staff please remember to sign the attendance sheet at the door to receive credit.



Ask the Experts Series in March with Beaumont Professionals

The Family Center will once again sponsor the ever-popular and informative *Ask the Experts* series in March in partnership with Beaumont Hospital, Grosse Pointe.

Parents and caregivers will hear from experts on how to instill the "Spirit of Giving" in their children, how to prepare "Simple, Enjoyable Family Dinners", how to "End Bedtime Battles" and how to build the "40 Developmental Assets" that are essential to ensure that all children are healthy, caring and productive.

The *Ask the Experts* Series will take place from 6:30 to 8 p.m. on each of the four Wednesdays in March.

Save the Date

Wednesday, March 2

SPIRIT OF GIVING

Grosse Pointe Academy

RSVP by Feb. 24, 313.432.3832



Wednesday, March 9

SIMPLE, ENJOYABLE FAMILY DINNERS

University Liggett School

RSVP by Mar. 1, 313.432.3832



Wednesday, March 23

END BEDTIME BATTLES

Assumption Nursery School

RSVP by Mar. 15, 313.432.3832



Wednesday, March 30

40 DEVELOPMENTAL ASSETS

Assumption Nursery School

RSVP by Mar. 25, 313.432.3832

No fee for all presentations



On March 2, Alicia Carlisle, community service coordinator with the Grosse Pointe Public School System, will explain the new "Spirit of Giving" program and how you and your family can give back to the community. Many local, non-profit groups will also share a brief message about their mission and their volunteer opportunities.

The Spirit of Giving program will be held at The Grosse Pointe Academy, 171 Lake Shore Road, Grosse Pointe Farms.



Dan Kellogg

On March 9, Dan Kellogg, executive chef and nutritionist at Beaumont Hospital, Grosse Pointe, will discuss "Simple, Enjoyable Family Meals." He will discuss how to prepare nutritious, tasty meals and suggest ways to end food battles at the family dinner table.

"I believe eating habits can be managed and potentially alleviate many of the stresses of trying to please the whole family, as well as nutritionally providing some balance in our diets," says Kellogg, a regular columnist for Grosse Pointe Magazine.

The presentation will be held at University Liggett School, 1045 Cook Road, Grosse Pointe Woods.

On March 23, Lori Warner, Ph.D., director, HOPE Center, Beaumont Center for Human Development, will present "End Bedtime Battles." Tired of waking up with kids' elbows in your face? Spending way too much time

negotiating that "one last drink" of water? Dr. Warner will provide an overview of common bedtime "battles" and provide a road map for handling them.



Lori Warner

The program will be held at Assumption Nursery School, 22150 Marter Road, St. Clair Shores.

On March 30, "40 Developmental Assets" will be explored by Kim Steggles, M.A., L.L.P, coordinator, Beaumont Parenting Program. The Developmental Assets are building blocks that ensure that all children are healthy,



Kim Steggles

caring and productive. Parents can and should be the most influential asset builder in their children's lives. In this workshop, parents will learn simple techniques for building these assets on a daily basis.

"These assets provide enriched relationships that reach beyond the household doors," says Steggles. "It becomes evident in the child's daily activities, in an academic setting, and it creates a stronger foundation that reaches into the community."

40 Developmental Assets, also to be held at Assumption Nursery School, has been approved for staff development hours by the Grosse Pointe Public Schools.

The Harper Woods School District has approved all presentations for staff development hours. Staff must sign the attendance sheet at the door to receive credit.

There is no cost to attend any of the programs. For questions or to RSVP, call The Family Center at 313.432.3832 or email to info@familycenterweb.org, or visit The Family's Center's website, www.familycenterweb.org.

Keeping Your Child Healthy: What You Need to know

Ask the Expert: Nisrine El Chami, MD

Q. How can I keep my child healthy in a germ-filled world year-round?

A. As most of us are aware, the winter season is all about infections. Each winter in the St. John Hospital and Medical Center Emergency Center, we see viral infections with congestion, cough, fever, vomiting and diarrhea. It's also a difficult season for parents of asthmatic children.

To prevent infections year-round, hand washing is key. Children should always wash before eating or playing with younger siblings after school. Viruses live on surfaces, so sanitize after touching grocery store carts and ATM machines.

Parents want instant symptom relief when a virus hits. Unfortunately, the over-the-counter products provide more risk than benefit, especially those with multiple ingredients. I recommend Tylenol and Motrin, significant fluid intake and a nasal saline and suction bulb for infants.

Vitamin C is a popular supplement during this season. It is preferable to provide this nutrient in the form of juices and fruits, which also give hydration.

For parents of children with asthma, they may need to resume the inhaled steroids they discontinued over the summer. Being around smoke is a huge risk for children with asthma. Even if a parent smokes outside, the child is getting "third-hand smoking" effect. Toxic residue from the smoke attaches to a person's hair, clothes, carpeting, etc. Quitting smoking is ideal. Until then, wear a dedicated smoking jacket, wash your hands and brush your teeth before interacting with your child.

Cooler weather also begins the croup season, characterized by a barking or seal-like cough. If symptoms are mild, put a humidifier in their room, take the child in the bathroom and produce steam with a hot shower, or dress the child well and go on a car ride with the windows open. In severe cases, a child

may gasp for air, or make a noise as they breathe in, causing a terrifying feeling for parents. If the child is laboring to breathe, they should receive immediate emergency treatment.

Finally, if you only do one thing to prevent illness, increase your hand washing on a regular basis. It's the most important thing you can do to keep your family healthy year round.



Dr. Nisrine El Chami is a specialist in Pediatric Emergency Medicine at St. John Hospital and Medical Center. If you're looking for a pediatrician or pediatric specialist, please call 866.501.DOCS (3627).

Expressing Anger & Frustration Toward Our Children

Ask the Expert: Ted Kasper, MA, LMSW

Q. My 6-year-old son often does things to anger me. I discipline him by yelling at him, taking things away (like his favorite toy or TV time), or grounding him. Lots of times I say things that I later wish that I hadn't said (or done). What is the best way to let him know that I'm angry and upset with him?

A. It's OK to be angry or frustrated with what he did /didn't do. By expressing your anger or frustration, you're identifying for your son what the expected outcome should've been. That doesn't necessarily mean to yell at him, threaten to or actually take things away or ground him.

There is a way to express anger or frustration in a way that does not teach inappropriate ways of responding. It can be done in a way that does not "wound their spirit" and allows our kids to keep their dignity intact.

Save the Date

Feb. 1, 2011

GOOD & ANGRY:

A Positive Way for Busy Parents to Express Anger/Frustration Toward Their Children – Reduce or Eliminate Meltdowns & Explosions

Barnes Early Childhood Center

6 p.m., No fee

RSVP by Jan. 25, 313.432.3832

Limited to 20 attendees

Perhaps you've heard the expression, "less is more"? When expressing anger or frustration (or both!) toward our children, the less we verbalize the more effective our words are. We will remain calm and only use three sentences when expressing anger or frustration.

Using this "less is more" consistently, while staying calm, will communicate your anger and model for your son his future responses. It also guarantees that your language shows the same amount of respect that you expect from your son.



Ted Kasper, MA, LMSW is a licensed social worker in Macomb County. He provides counseling to children, adolescents, adults and families. He specializes in Behavior Analysis & Interventions; Parent Coaching, Mentor-

ing and Support and "SuperNanny Services" (behavioral observation, action planning, and interventions). Contact him at 586.255.2259, email tedkasper@comcast.net or visit www.familyactionplan.com for more details.

Parenting: The Middle School Years Let Teens Negotiate, Learn from Their Mistakes

Ask the Expert: Scott Tily

Q. I'm the parent of an 11-year-old boy. How do I help him and, to be honest, myself navigate the middle school years?

A. Attending middle school is an exciting and challenging time for both students and parents.

Here are some suggestions for parents:

- Consistency continues to be rule No. 1
- Adolescents love to negotiate. So, when appropriate, do so
- When conflicts do arise, understand your emotional triggers and your child's
- Allow your child to experience the natural consequences of his/her actions

For the full version of this *Ask the Experts* column, see The Family Center website at www.familycenterweb.org.



Scott Tily has been an educator for over 35 years. He has taught in all grades, from 1st to 8th. Most of his career has been as middle school math teacher and for the last 10 years as the middle school principal

at The Grosse Pointe Academy. Contact number: 313.886.1221 or visit www.gpacademy.org. The Grosse Pointe Academy is a member of The Family Center's Association of Professionals.

Save the Date

PARENTING THE MIDDLE SCHOOL YEARS

Thursday, May 12, 7 p.m.

Grosse Pointe Academy, Fieldhouse
171 Lake Shore Road
Grosse Pointe Farms

This annual spring middle school transition program will feature a panel of experts, followed by an open Q & A panel discussion. Presentation is geared for elementary and middle school students, parents and professionals.

No Fee, RSVP by May 6, 313.432.3832

Teenagers: Don't Blame Them – It's Their Brain

Ask the Expert: Pete Pullen

Your teenager has just backed your brand new SUV into the garage door for the third time. He explains that he really was paying attention, although you saw him on his cell phone as he pulled into the driveway. He then begins to inform you that he failed his math test because his sister was annoying him the previous night. Before you can get a word out, he asks to spend the night at his best friend's house to get to the final level of the latest Xbox game. You don't know whether to scream at him or to call in Super Nanny.

Don't blame him; it is his brain.

Parents across the country struggle with situations like these daily. Parents and teachers alike tend to blame them for their lack of attention, focus, respect, decision-making ability, understanding or care. Nothing could be further from the truth. Often, parents and teachers ask teenagers to complete tasks in a certain way that their brains are not yet fully capable of doing on a consistent basis.

You can help your teenager and yourself by keeping these three scientific facts in mind when working with your teenager. At Eton

Academy, we use these important brain research findings to better meet the needs of our middle and high school students. Although Eton Academy's mission is to support students with learning differences, many of the methods that we use can help all students.

1) The frontal lobes of the brain are still developing in teenagers.

In the teen brain, the nerve cells in the frontal lobes are still developing. This causes everything that needs to happen in the frontal lobes portion of the brain (organization, judgment, problem-solving and planning) to occur more slowly and inefficiently. Children who are given multi-step directions, asked to multitask or are overloaded with after-school activities may have difficulties completing the tasks or activities.

2) The teen brain is not a smaller, younger version of an adult brain.

Teachers (and parents) assume that the brain of a teenager functions like a smaller, but younger adult brain. This is an unrealistic,

inaccurate and unproductive way to approach learning and teaching.

3) Accept that they really don't know why.

The teen brain will cause students to do things that cannot be explained. So when your teenager tells you he really doesn't know why he left his math book at school, he really doesn't know why.

But now you do.

For the full version of this column, go to The Family Center's website, www.familycenterweb.org.



Pete Pullen is the Head of School at Eton Academy in Birmingham, a nationally recognized independent school, is dedicated to helping students in grades 1-12 overcome specific learning disabilities.

He can be reached at 248.642.1150.

To learn more about the Eton Academy visit www.eatonacademy.org.

From the Director



The Family Center celebrated its 10th anniversary on Oct. 3. The fall season offered a strong selection of programs designed to help parents and their children navigate the important transition from preschool

to kindergarten and adjustment from high school to college. The presentations helped parents to be more aware of challenges and to learn strategies for success in times of change.

More families and professionals working with children from preschool through high school continue to seek out our program offerings, demonstrating that our insightful team of volunteers on the Program Planning Committee have developed programs that meet the needs of our community.

Three events were held in the fall to build further awareness and raise funds for our non-profit organization. A very successful and memorable performance by Caledon, Scotland's Tenors was held in October. This performance was a unique opportunity that benefitted The Family Center and engaged the talented students of the Grosse Pointe North and Grosse Pointe South Choirs. The tenors conducted a workshop with the students and performed with them at the Grosse Pointe North Performing Arts Center.

Caledon was followed by our Diamond & Denim 10th Anniversary Hayride held on the lovely grounds of the Edsel & Eleanor Ford House. HOLLY FEST, our eighth annual signature event, wrapped up the holiday season with much support from our friends who attended this wonderful benefit. Our appreciation is extended to all of our volunteers

and friends who find value in planning and attending our programs and events.

We begin the New Year with a strong line-up of programs and events for the coming months of February through May that you will not want to miss. Please know that your support — as a volunteer, an attendee or as a donor — is essential to bringing quality programs to all who help build healthy, successful, resilient kids.

Hope we can count on your support in 2011!

Happy New Year!

Deborah A. Liedel
Debbie.Liedel@familycenterweb.org
313.432.3832

Programs & Resources

PLAY CENTRAL & PLAY CENTRAL PLUS

Play Central is a place for parents, grandparents and all caregivers to play with their children while socializing with other families in an open play setting. Play Central Plus, offered at Barnes Early Childhood Center, features an opportunity for children and their parents to socialize in a pre-school classroom.

Fee is \$3 a session per family.

Tuesdays: Play Central, 9-11 a.m.,
Neighborhood Club gym, 17150 Waterloo, Grosse Pointe

Wednesdays: Play Central PLUS, 9-11 a.m.

Thursdays: Play Central PLUS, 12:30-2:30 p.m.
Barnes Early Childhood Center gym,
20090 Morningside Dr., Grosse Pointe Woods.

MEET & GREET FOR PROFESSIONALS

All school, community mental health and health professionals are invited to attend this gathering and are encouraged to exchange business cards and brochures.

Tuesday, May 24, 9-11 a.m.

Grosse Pointe Academy, Lake Shore House
171 Lake Shore Road, Grosse Pointe Farms
Continental breakfast served. No Fee.
RSVP by May, 15, 313.432.3832

2011 UPCOMING PROGRAMS

GOOD & ANGRY: A Positive Way for Busy Parents to Express Anger/Frustration Toward Their Children

Tues., Feb. 1, 6 p.m. No fee. RSVP by Jan. 25. Limited to 20 attendees.
Barnes Early Childhood Center, 20090 Morningside Dr., GPW

KINDERGARTEN: Making a Successful Transition

Tues., Feb. 1, 7 p.m. Fee \$5. RSVP by Jan. 25.
Barnes Early Childhood Center (20090 Morningside Dr., GPW)

MATTERS of CHOICE: Recognizing Signs of Unhealthy Relationships

Tues., Feb. 15, 7 p.m. No fee. RSVP by Feb. 8
St. Michael's Episcopal Church, Yeoman Hall
20475 Sunningdale Park, GPW

ASK THE EXPERTS with BEAUMONT PROFESSIONALS

March, 2011 series, see pg. 4 for details

ARE YOUR KIDS AT RISK? Societal Trends

May 2011, Visit www.familycenterweb.org for details.

PARENTING THE MIDDLE SCHOOL YEARS

Thursday, May 12, 7 p.m.
Grosse Pointe Academy, Fieldhouse, 171 Lake Shore Rd.,
Grosse Pointe Farms. No Fee. RSVP by May 6

RSVP for all programs at 313.432.3832 or info@familycenterweb.org
More info or to register online, go to www.familycenterweb.org

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Newsletter printing courtesy of St. John Health

Kroger Community Rewards Program Changes

Kroger's Community Rewards Program makes fundraising for The Family Center automatic every time you use your Kroger Plus Card.

Everyone who uses their Kroger Card to donate to The Family Center must go online and re-assign The Family Center (#83811) as their preferred charity. This can only be done through the Kroger Community Rewards Web site, www.krogercommunityrewards.com. You will need to enroll online to continue contributions to The Family Center, so we encourage all our members to do so as soon as possible.

A link to Kroger Community Rewards and more information may be found on The Family Center's Web site, www.familycenterweb.org.

KROGER SUPPORTERS

Thank you to our Kroger Community Rewards Program participants listed below for the quarter (May-July).

Diane Cusmano	Joseph Moran	Diane Strickler
Lisa Domas	Carolyn Nantroup	Andrew Torosian
Elizabeth Hardwick	Ruby Prisco	
Lisa Khoury	J.R.	
Christine LaBash	Suzette Ripepe	
Catherine Leverenz	Eileen Ross	
Deborah Liedel	Anna Russo	
Louis Liedel	Carl Schulte	
Sergio Mazza	Mary Lou Smith	
Terry Minnis		

Celebrate 10!! Donors (as of 7/1/10 – 11/5/10)

Avanti Press, Inc.	Lorraine Krawetz
Mary & Rick Berschback In celebration of Skylar & Liam's grandparents!!	Lakeshore Optimist Club of Grosse Pointe
Mark & Julie Brewster	Helen & David Landuyt
Randall Cain	Richard & Sylvia Landuyt
Lynn G. Carpenter	Deborah Liedel
Colortech Graphics, Inc.	Tom & Nancy Lopiccolo
Beverly Curtiss	Jodie R. Mellos
Defer PTO	John & Terry Minnis
Lisa & Peter Domas	Joe & Beth Moran
Daniel & Rebecca Fannon In honor of Karen Lawrence - the kind of mother we all strive to be	Deann Newman
Mary Beth & Rob Garvey	Jane Kay Nugent
The Great Frame Up	Carla & John Palffy
Scott Hartlieb	Tom & Beth Quinn
Sean Hogan-Downey	Ron & Diane Strickler
Vicki & Dave Horsley	Donna & Greg Ridella
Mary & David Johnson	Rodger & Darlene Sulad In memory of our parents
Lisa Khoury & Serge Thomas	Donald Schulte Photography
	Mary & Chuck Turner
	Gary M. & Lauren S. Wilson
	Wilson & Cain, PA