

MY FAMILY MATTERS

BUILDING STRONGER FAMILIES IN CECIL COUNTY

**THOMSON ESTATES ELEMENTARY SCHOOL
203 E THOMSON DR, ELKTON, MD 21921**

Please join us for dinner and a fast-paced, interactive workshop designed to build a stronger family.

5:00pm-7:00pm

All 6 sessions are **FREE!**

- Childcare will be available for children 5 to 12
- Meals will be provided to ALL attendees
- Transportation can be arranged with 48 hours notice. Please contact the YES office at 443.593.3900
- Teachers will lead the children's program while parents attend workshops
- Earn credits for community service programs



DATE	TOPIC	DINNER
10/13/2022	Developing Family Values & Rules Where better to start MFM than starting with a baseline of rules, charts, and values for your family?	Spaghetti & Meatballs
11/17/2022	Trauma 101 Trauma can come up anytime, anywhere. It affects people in different ways. Something that might not be traumatic for you could be for someone else. Come learn the foundation of trauma and some tools and tricks to help.	Chicken Scampi
12/15/2022	Communication & Feelings Feelings are an emotional state or reaction. Communication is the successful understanding or sharing of ideas and feelings. Talking to and understanding your loved ones is one of the most important steps of healthy parenting.	Chicken & Broccoli Alfredo
01/19/2023	Let's Have a Heart to Heart A little empathy every day makes the world a better place! This MFM session will explore empathy vs. sympathy. We will discuss practical everyday strategies that model empathy for our families and community as well as empathetic responses and emotional intelligence. Most importantly, we will share without judgment and listen with empathetic hearts and minds.	5 Cheese Ziti al Forno
02/16/2023	Keeping Kids Drug Free Now, more than ever, it is crucial that we talk with our kids about the dangers of drug use. In this workshop, we will discuss common reasons why kids engage in substance misuse, the dangers of substance abuse, and what we can do to raise drug free children.	Spaghetti & Meatballs
03/16/2023	Open Discussion Q&A	Chicken Scampi