

July 2015

Safe Families *for* Children

Monthly Newsletter



Events: SFFC Volunteer Orientation

When: Saturday, July 18th 9:00 a.m.—12:00 p.m.

Where: Twin Cedars' Coleman Center, 701 Lincoln St., LaGrange

Who's invited? Anyone interested in SFFC ministry

**** Please RSVP by email to cgibson@twincedar.org ****

Building Resilience in Families

Resilience is the ability to withstand and rebound from stressful life events. It's the ability to adapt and handle life's problems and tragedies. Resilience is the capacity to face adversity with the ability to keep going.

Building resilience in families can be challenging, but definitely worth the time and effort. Helping families identify stressors and unhealthy coping habits are paramount. Often times these unhealthy coping skills are learned behavior and can be replaced with commitment and practice.

Due to the effects and stressors of social isolation,

connecting families to meaningful relationships and resources are sometimes all that's needed. It's also helpful to identify weaknesses, teach problem solving, and learn how to set realistic goals. When we help shift their focus from perceived deficits to their potential, then their capacity for resilience can expand.

Other ways to foster resilience in families is by encouraging them to 'renew their mind.' Often the inability to react appropriately and cope through life's challenges are learned behaviors that have become a habit and is what's 'least

resistant.' By helping families identify wrong thinking and behavioral patterns, we can teach positive ones. As families practice these new positive ways of thinking and behaving, what's now 'practiced,' soon becomes their new 'least resistant' behavior. And it's formed through practice, practice, practice... renewing the mind.

Change is not always easy, but it produces great rewards. Making positive changes in our thinking can literally change our lives. The way we think, is the way we respond and act; it's how we live... Investing in families will always lead to a bountiful harvest.

Volunteers motivated by their faith...

"Ministering God's love to families in need"

Spiritual Protective Factors

Sociologists and psychologists gave us **Six Protective Factors for families:** 1.) Enhance resilience, 2.) Develop social connections, 3.) Teach parenting and child development, 4.) Provide support, 5.) Foster social and emotional competence, and 6.) Promote healthy parent/child relationships.

The Church can teach and model these factors by sharing: **Six Spiritual Protective Factors:** 1.) Love our neighbor, which elevates resilience. 2.) Connect and share connections 3.) Eph.4 – Build, teach, train, mentor, 4.) Display Biblical hospitality by offering real concrete support, 5.) Lead by example,

and 6.) Invest time and share wisdom.

The Church holds His key to family and social change. It requires intentional time spent with families, but the benefits are truly eternal. By investing in just one family, whole generations can be saved and a harvest reaped.

Volunteer Opportunities

- Host Family
- Ministry Lead
- Family Coach
- Family Friend
- Resource Partner
- Community Outreach
- Support Groups
- Intake

There's a place for everyone to serve.

For More Information:

To become a SFFC Volunteer or to refer a family to SFFC, please contact:

Candi Gibson,
Safe Family Coordinator
(706) 298-0050 ext. 1073
cgibson@twincedar.org
www.twincedar.org
www.safe-families.org