

# Introducing the family ministry

Family Ministry

@ St. Mark of Washington DC

By wisdom a house is built, and through  
understanding it is established

(Proverbs 24:3)

# Our Mission

The family is the basic unit of the society as well as the church, the body of which Christ is the head. The mother church is extending this service in order to help each family get closer to the Lord and to each other, having as a goal to see its members unified in God. This will be reflected in the unity and strength of Christ's body, the Church.

# Counseling Services

- \* Together, with other church servants and ministries, St. Mark's Family Ministry extends a hand to assist members in the congregation who may have specific needs for counseling. Lives are constantly changing and are affected by today's societal and personal issues. Some issues may cause adults and children to have difficulty coping and achieving, on levels of either or both intrapersonal or interpersonal communication.

# Counseling Services

The overall goal is to help people develop their maximum potential by helping them help themselves:

- To gain perspective on one's behavior, emotions and relationships.
- Acquire means to identify patterns of thinking and express your feelings.

By offering:

1. Preventative and educational services and developmental activities.
2. Individual counseling and Small group counseling
3. Guidance Seminars.

# Counseling Services

Working with people on specific issues, we help you develop techniques in areas such as:

- Increased self-understanding and Establishment of positive relationships through effective communication skills.
- Acquisition of problem –solving/decision-making and coping skills.
- Encouragement of self-directive and responsible behavior.
- Understanding the need for positive attitudes and Bridging the cultural gap.
- Making the best of school; study skills, bullying, post-high school options..etc.
- Effective parenting (Pre-Baptism)
- Marriage counseling and Decision making.

# Parenting Classes Arabic & English

The Family Ministry invites you to attend an eight week class on raising Godly, Responsible, and Loving children

- ~Become a better parent by understanding individual differences in children and their development
- ~Learn skills to communicate better with your children
- ~Build strong parent/child relationships
- ~Understand how to solve problems together and handle frustrations
- ~Be available, attentive, and consistent in giving and receiving love

# Psychology & Psychiatry

- ◆ Prepare talks about child development and needs in each stage.
- ◆ Help people in need of psychiatric evaluation, diagnosis or referral.
- ◆ Provide short psychotherapy or counseling when needed. Home visits when needed



## 2012-2013 Highlights:

- **Assist in Sunday School teacher-kids relationships and teaching techniques.**
- **Parenting Classes in Arabic and English**
- **preparation program for engaged couples before marriage**
- **Get the new clinic ready for Counseling and Patients eva**
- **Couple Counseling One-on One Counseling sessions.**



# How to contact us ?

E-mail:

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Website:

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