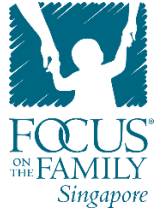


PROGRAMME MENU

For Church | January – December 2022



FAMILY LIFE MINISTRY

MARRIAGE

T

Intimate Marriage

Cultivating sexual intimacy and marital passion

Research shows that the best sex is that within a committed, monogamous marriage. Yet many married couples struggle in the area of physical intimacy. What often prevents us from baring it all to our spouse is the fear or lack of know-how in articulating our innermost needs and sexual desires. Acquire time-tested practical wisdom for a candid insight into what can enhance your love life and turn a good marriage into great marriage!

W

Virtual Date Night (Online only)

Celebrating fresh love, hot romance and strong marriage

Life can become tedious, and relationships boring. But allowing a little fun and excitement can liven up your marriage, and strengthen your commitment as husband and wife. Join us for a night of romantic connection and meaningful conversation!

T

Till Debt Do Us Part

Navigating money matters in marriage

Finances has been identified as one of the top 3 issues that contribute to conflict amongst couples in Singapore, and can even result in marital breakdown. Fortify your marriage against money problems and discover how you can achieve financial and relational wellness as a couple!

PARENTING

T

Raising Future-Ready Kids: Suicide Prevention & Mental Health

Supporting kids to thrive in life

Life brings with it the inevitable challenges that can sometimes threaten to derail our child. Do you know if your child is experiencing overwhelming anxiety, demonstrating signs of depression, or has even entertained thoughts of suicide? Discover how to build a strong foundation of open and ongoing communication so that you are the first – and last – line of defence for your child's mental wellbeing and success in life.

T

Raising Future-Ready Kids: Mental & Emotional Resilience

Building B.O.U.N.C.E for the bumps in life

We live in an increasingly fast-paced and competitive society often described as a VUCA (Volatile, Uncertain, Complex, Ambiguous) world, where the pressure to succeed and perform can leave our children feeling panic-stricken and overwhelmed. How can we nurture our child's psychological resilience to better manage stress? Be empowered to emotionally coach your child towards a positive and healthy attitude for learning and living!

T

Raising Future-Ready Kids: School Readiness & Social Intelligence

Giving them a headstart for primary/secondary school

Transitions are part and parcel of life, but how can we prepare our child for them? Understand your child's changing world and learn how you can equip your child holistically to embrace change and adapt to a new environment, so that they get along well with others and confidently engage the world!

T

Raising Future-Ready Kids: Relational Health & Sexual Intelligence

Parental guidance to talk about sex

Talking about sex can be one of the most daunting tasks for parents, especially if we never had the subject broached with us when growing up. How then can we confidently discuss healthy sexuality, love and relationships with our children? Discover how you can help your child make wise decisions from young for their body and their love life!

T

Raising Future-Ready Kids: Media Literacy & Digital Intelligence

Empowering kids to navigate the virtual world

New technology and social media has exposed our children to information and interactions never imagined possible. While exciting, it can also pose dangers unknown. Plug into the cyberworld to help your child develop digital savvy in media discernment, online safety, data privacy and digital etiquette.

W

The ParentEd Dialogues

Personalised parenting solutions for your unique child

- Dialogue 1 | The Parent Species: Becoming the parent we want to be
- Dialogue 2 | C.S.I - Child Species Investigation: Bringing out the best in your unique child
- Dialogue 3 | Creative Correction: Making discipline firm and friendly
- Dialogue 4 | High-5s at Home: Nurture the parent-child relationship

These dialogues promise candid sharing and stimulating conversations among likeminded sojourners on the parenting journey. It's a great place to acquire timeless principles, priceless perspectives and practical tools for informed, involved and intentional parenting!

W

Christian Home Makeover

Keys to strengthening faith at home

For early Christians, the home was synonymous with church. But today, church and home are two very separate entities that may result in a different public and private life. Yet, we are called to live an authentic faith where "as for me and my household, we will serve the Lord". How can we transform our family and pass on faith to our children and future generations?

PARENT-CHILD

W

Talk About... Anything

Safe space for sharing between parent and tween (aged 10-12)

[Choose 1 topic per session]

- relating as a family
- media and technology
- love and sex

Finding it challenging to get through to your blossoming teenager? Are you able to get to the heart of the matter, or to matters of the heart? Here's an opportunity to have facilitated, real-time, honest conversations on touchy topics, growing up, life in general or anything that matters!

T

Talk: 45mins - 1hr

W

Workshop: 2-3hrs

Conducted online (on Zoom) or onsite, unless otherwise stated. Fees and conditions apply.

YOUTH AND YOUNG ADULTS MINISTRY

W

FamChamps Workshops

Equipping teenagers (aged 13-14) to navigate the way forward in their family life journey

F.A.M.I.L.Y – Perhaps it was easy to say F.ather A.nd M.other I. L.ove Y.ou, but now that we're older and smarter, it seems cheesy at best. Get the low-down on why family matters, and more importantly, how it can work for you!

- #1 Acknowledge: Discover how your family of origin shapes who you are
- #2 Appreciate: Discover the importance and role of parents in a teenager's life
- #3 Advance: Discover your dream for your present and future family

W

SexEd Workshops

Cultivating true intimacy, secure identity & authentic relationships

Among the many issues young people face today, sexuality is still one of the most critical. The digitalised culture we live in is teeming with sexual images, inappropriate messages and controversial advice about sex. More than ever before, young people need help to navigate the sea of mixed messages that surrounds them. Get empowered with accurate facts, biblical values and life experiences to make healthy and beneficial choices for thriving relationships and sexual freedom as per God's design.

- **Ctrl + Alt + Del:** Addressing Pornography and Masturbation
- **No Apologies:** The Truth about Life, Love & Sex
- **Sticky Notes and Push Pins:** Essentials of Love, Dating & Marriage
- **The Modern Family:** Understanding Same-Sex Relationships

E

FamChamps Be.Live Conference: 2 Jul 2022 (online only)

Engaging youths (aged 13-19) on family topics and issues

It's not always easy to talk about the family, especially when no family is perfect and young people can find relationships at home challenging. Hear the stories of different youths on their family situations, dialogue on family issues that affect young people, and rediscover why family matters. Join the national movement of young people who believe in family, live it out and champion the building block of society for their generation!

E

FamChamps Be.Live Camp: 25-27 Oct 2022 (hybrid)

Equipping teenagers (aged 13-14) to believe and live out family

Navigating family life can feel like a hike up a mountain, but the journey to the top doesn't have to be an uphill battle! Join other likeminded youth on the journey to discover the real meaning of family. This 3-day camp will help unravel the secrets of what makes family tick and empower you to (re)write your own family story.

**Includes a complimentary Honour Night session where parents are included.*

E

The 1825 Collective: Jun – Aug (9 weeks)

Empowering youth (aged 18-25) in the worldview of family

A discourse on social issues that affect the family or a conversation on family values can these days become an intimidating affair or, worse still, trigger conflict and create divide. Partake in an immersive 9-week programme with interactive learning and intentional mentoring to unravel how you can effectively engage on hot-button cultural issues about relationships, sexuality, marriage and family.

T **Talk:** 45mins - 1hr

W **Workshop:** 2-3hrs

E **Events**

Conducted online (on Zoom) or onsite, unless otherwise stated. Fees and conditions apply.

MARKETPLACE MINISTRY

FAMILY & WORK-LIFE

T

Work-Life Success in the New Norm

Bringing your best to work and home

As the world continues to change, so does the definition and form of work, and what it means for our livelihood, lifestyle and ministry. Rediscover the meaning of work and significance of life, as you gain tools for managing work, personal and church commitments and goals.

T

Leadership Excellence at Work & Home

Work-Life success for working parents

Excellent practices at the workplace will positively impact the home, and vice versa. How can we navigate life at work and outside of work, when boundaries between the office and home get blurred? Identify your work-life needs and styles, and acquire structures for work-life excellence.

CHURCH & FAITH



Whole Life Inventory (WLI)

Understanding the state of the church

This is the first locally-developed, multi-dimensional online tool designed to help churches assess and understand how the health of their congregation in 5 pillars — Faith, Identity, Relationships, Sexuality, and Values — contributes toward thriving families in the Church.



Family-Themed Pulpit Sermons

Building marriages and families of faith

Addressing the state of the family, marriage, family life or relationships, these are specially crafted faith messages by one of Focus on the Family Singapore's trusted leaders and/or family life experts. Inspire and equip families on Mother's Day, Father's Day or any family-emphasis weekend, to live out God's design!



Family Life Equipping

Raising family champions in the church

Equip ministry leaders, pastoral staff and matured couples to build and journey with families through the family life stages.

- Marriage Mentor Training
- Parent Mentor Training
- SexEd Training (Train-the-Trainers)
- Family Life Ministry Internships with Focus on the Family Singapore

T

Talk: 45mins - 1hr

W

Workshop: 2-3hrs

Conducted online (on Zoom) or onsite, unless otherwise stated. Fees and conditions apply.

For enquiries, please contact us at:



6336 1444



contact@wholelife.sg



wholelife.sg