

Helping families spend generous amounts of time together...

Family & Home Network®

Affirmation • Information • Advocacy

February 2023 ENews

Parent-to-parent messages are invaluable!

Dear {{FirstName or 'friend,'}},

Can you please help us out? Do you know parents who might like to take our free Transitioning Home workshops? Could you let them know about the workshops?



Transitioning Home
Six-week workshop
for at-home parents.

from the national nonprofit
Family & Home Network®

Our budget for promotions is \$0. And parent-to-parent messages are the most effective way to let parents know about our workshops.

While the workshops were designed for parents newly at home (thus "transitioning"), we've been thinking about changing the name to "Thriving at Home." Some of the parents who've taken the workshop have been home for several years, and they seem to appreciate it as much as a parent just starting out. So, even if you've been home for many years, join us if you'd like to—we would love to have you!

Here's a short description to copy & paste into an email or post:

The national nonprofit Family and Home Network offers *Transitioning Home* workshops for parents who want to explore ideas, feelings, and experiences and learn about tools and resources. For parents who choose - or are considering the choice - to be an at-home parent or cut back to part-time employment, as well as for those who were pushed or led home by circumstance. The workshops and all materials are free. Eight to twelve participants and a facilitator meet via video conferencing for 90 minutes once a week for six weeks. There are readings and reflections to do between meetings. Groups forming now to meet on Tuesday evening or Thursday morning. Please see: [Transitioning Home workshops](#)

We are promoting the workshops on our [Facebook](#) and [Instagram](#) and [Twitter](#). It would be a huge help if you share / retweet. Please add the link to our website in a comment (often that's the only way to post a link): [Transitioning Home workshops](#)

I really appreciate any help you can give us in getting the word out to parents! And I'd love to see you in a workshop—I love facilitating the discussions. If you can't make it at the days/times the workshops are being offered this time, please let me know which days and times work better for you.



Cathy Myers
Executive Director (volunteer!)
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Our first Transitioning Home workshops of 2023 start the second week of February. They're free, 6-week workshops, with a group of up to 12 participants meeting once a week with a facilitator for 90-minutes (via Zoom). There are some readings to do between meetings. Each week, there will be a brief presentation and plenty of time for conversation and questions.

Topics include:

Session I Exploring Expectations and Transitions

Session II Your Feelings, Cultural Influences, and the Needs of Children

Session III Clarifying Values; Thinking About Family Finances; Defining Your Job

Session IV Honoring Your Interests and Talents; Reflecting on Your Marriage and Mutual Interests

Session V Developing an Interdependent Community

Session VI Appreciating Your New Identity; Making Time for You Marriage and for Personal Renewal

Workshop sign-up and materials are in our Family and Home Community; [here's an invite link](#). Join the Tuesday evening group (7:30 pm Eastern) or the Thursday morning group (9:30 am Eastern). Sign up and invite friends to join, too!

Have you stepped out of the paid workforce to care for children?

Join our free workshops!
Discussion - reflection - learning



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Parents who participated in Transitioning Home workshops say:

“I find myself much more thoughtful and appreciative of myself and the tasks I perform.”

“I really appreciate the very thought-provoking questions.”

“It is well thought out and the articles are an awesome part of the course.”

**Free online workshops
meet once a week for 6 weeks via Zoom.**

Thank you!



{{Disclaimer}}

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