



Hi {{FirstName or "Friend"}},

We hope that you and your family are well. And we know you join us in hoping for all families to get through this crisis with help available if and when they need it.

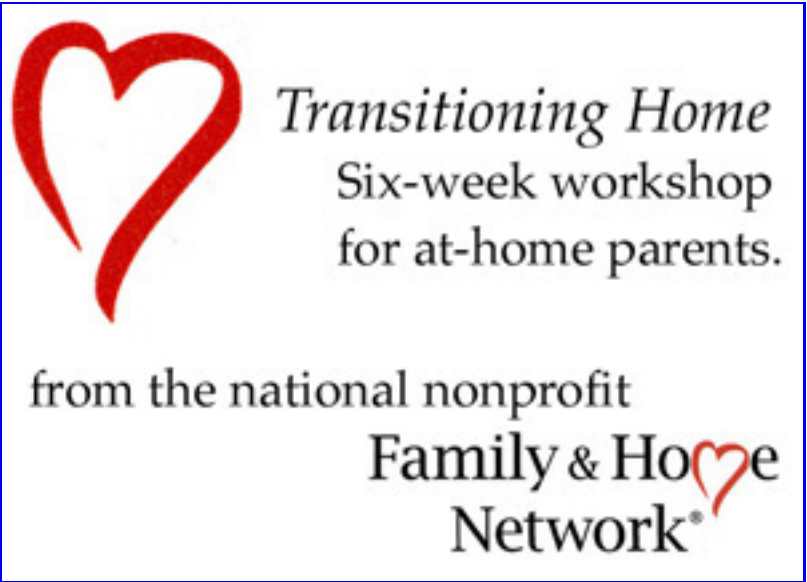
With so many people staying home, one of the interesting things to think about is whether and how our society might change its views of parents and of life at home with children. We'd love to hear what you're thinking and what you hear from other parents. Please join the conversation in our online community - [Family and Home Community](#) - or send an email to Catherine Myers, executive director: [cmyers@familyandhome.org](mailto:cmyers@familyandhome.org)

**You are the first to hear this news:** We are re-introducing our Transitioning Home workshops - FREE\* six-week workshops for parents making the choice (or considering the choice) to forgo or cut back on paid employment to care for their child(ren).

"FREE to members of Family and Home Community - please click on the link above to go to the community.

In these times of living in the shadow of COVID-19, some parents may be forced by circumstances out of the paid workforce and into the role of at-home parent. We welcome all parents - mothers and fathers, parents of little ones and parents of older kids - to participate in these workshops.

A parent who leaves (or is considering leaving) the paid workforce to be at home often has many feelings and concerns related to being an at-home parent. Family and Home Network offers *Transitioning Home* workshops to explore ideas, feelings, and experiences with others making this transition -- and to introduce parents to tools and resources. Eight to twelve participants and a facilitator meet via video conferencing for 90 minutes once a week for six weeks. Topics include:



- Expectations, personal identity and the potential for personal growth;
- The needs of infants and the critical importance of intimate, two-way mother-infant and father-infant relationships;
- Myths and realities of a home-based life and of sequencing (someday returning to paid employment), thinking about personal values;
- Financial considerations, sharing/dividing tasks and roles with a spouse or partner;
- Family, community, cultural and societal influences;
- Public policies and advocacy: inclusiveness, equality, freedom.

There are materials for reading between meetings, reflection/writing opportunities, and both individual and group exercises. In addition to the weekly 90-minute online meetings, we ask participants to plan to spend about an hour a week doing the readings and activities.

**Now enrolling participants!** Two workshop groups are forming now - with a limit of 12 people in each. Chose one:

Tuesdays at 1 pm EST (90-minute online meetings) - first meeting on June 2

or

Thursdays at 3:30 pm EST (90-minute online meetings) - first meeting on June 4

Enroll in the workshop of your choice on [Family and Home Community](#). Look for the "circle" for each workshop group - one for the Tuesday group and one for the Thursday group. We hope to see you there! **Announcements about the workshops will go out on our social media in a few days, so don't delay if you're planning to enroll.**

Please share this email with your friends and family. Mothers and fathers with children of all ages are welcome to participate. Each workshop will have a maximum of 12 participants.

I'll be facilitating these workshops - please let me know if you have any questions.

- Catherine Myers, Executive Director: [cmyers@familyandhome.org](mailto:cmyers@familyandhome.org)

Best wishes for a simple and heartfelt Mother's Day.



If you can, please help us offer more workshops for parents by making a donation!



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