# Family Wellness Ministry

*Greek Orthodox Metropolis of San Francisco*

**“Face to Face ~ Heart to Heart”**

**Connecting individuals, couples, families and clergy through the heart toward healthy Christ-centered relationships**

**Family Wellness Ministry  Mission Statement**

# OUR FAMILY WELLNESS TEAM

**Metropolitan Gerasimos**
*Spiritual Advisor*

**George Papageorge**
*FWM Director*

**Fr. Tom and Pres Pat Tsagalakis**
*Assistant Director*

**Fr. James & Pres Donna Pappas**

**Fr. Vasili Hillhouse**

**Fr. Daniel & Pres Michelle Triant**

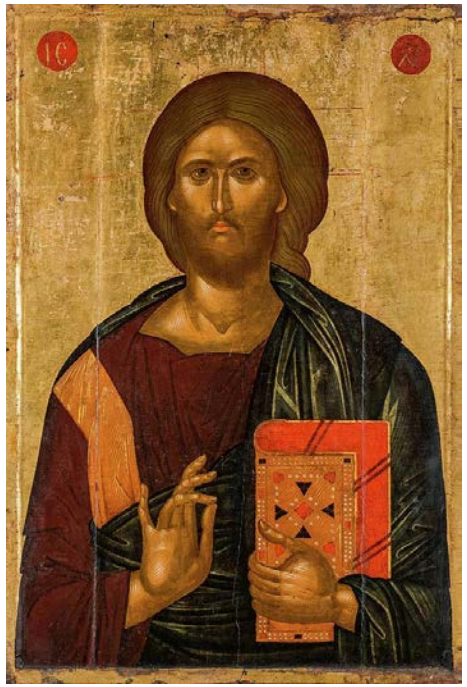
**Fr. Timothy & Pres Victoria Pavlatos**

**Joe Borgonia**

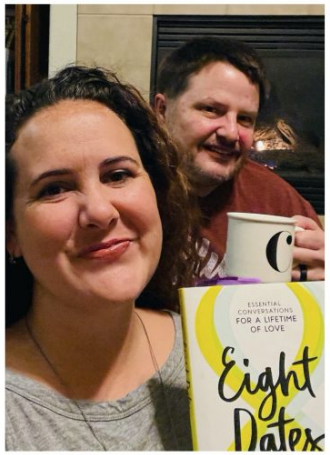
**Johanna Carter**
Director of
Youth & Young Adults

# OUR FAMILY WELLNESS MINISTRY focus:

- We work together as a team
- We are Christ-centered with an Orthodox Christian Ethos
- We create engaging content that is dynamic, interactive, and worthwhile
- We make resources accessible to all parishes free of charge
- We hope to empower laity to be parish leaders in family wellness

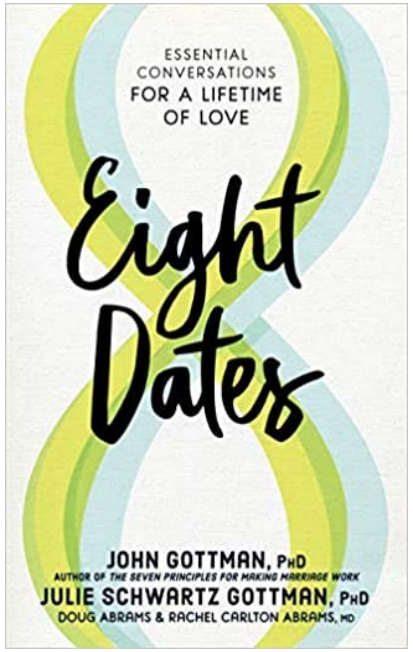


# Face to Face
# Heart to Heart



## Eight Dates / Topics

1. **Trust and Commitment**
2. **Conflict**
3. **Sex and Intimacy**
4. **Work and Money**
5. **Family**
6. **Fun and Adventure**
7. **Growth and Spirituality**
8. **Dreams**




**"Make dedicated, nonnegotiable time for each other a priority, and never stop being curious about your partner."**
*John Gottman*

Resources and information on our website **familywellnessministry.org**

- Clergy Care
- Families
- Parenting
- Couples (8 Dates Parish Edition)
- Marriage Enrichment
- Men’s Ministry
- Seniors
- Grief Support
- Divorce Care
- Addiction
- Young Adult Outreach

# REAL LIFE

## Parenting from the heart

## "PLEASE UNDERSTAND ME!"

*Connecting to the inner life of our kids*

# PLEASE UNDERSTAND ME!
# Personal Reflection:

1) Reflecting on the concept of the invisible stethoscope discussed in the video, how can you utilize this tool to connect with your child's emotions and understand their inner world?

# Sport Psychology
# GAME CHANGERS

## Personal Reflection:

What are your reflections on the brain science model and its impact recognizing when you “flip a lid” exposing your emotional triggers?

Join us next FALL for our next zoom workshop

# "REAL LIFE" Parenting from the Heart

## Wednesday, October 11th 6:30 pm