

St. Louis Healthy Families

Building Stronger Relationships, Marriages and Communities



Celebrating Champions of Strong Marriage!

“Honey, you might be right.” Mr. Lou Brock, former St. Louis Cardinals standout and Baseball Hall of Famer, attributed those five words as the reason why his and Jacqueline Brock’s marriage has been faithful and fulfilling. He has also learned that the need to always be right is not the most effective way to build a healthy and productive marriage. They work as a team and they live a God-centered life, serving the Community as Champions of Marriage.

Aeneas Williams, former St. Louis Rams standout, spoke about the importance of being married to someone who has their own sense of self. Because his wife Tracy has a strong sense of who she is as an individual, Aeneas knew that she loved him for himself - not for his celebrity status. The Williams are currently celebrating 18 years of a healthy and sacred marriage.

Kevin Short, CEO of Clayton Capital Partners, quickly credits his wife Patti with being the stalwart behind their marriage, their four daughters and their home. They enjoy serving the Community together and stress the importance of a sense of humor in marriage.

Don and Pat Carmody owe their 46 years of marriage to being faith-filled and serving God. Don, Founding Partner and Principal of the Carmody, MacDonald Law Firm is quick to credit Pat with being the anchor for their family and for supporting him in his work. The Carmodys are very active in the Community, particularly with their faith community and in supporting marriages and family as part of the Missouri Family Policy Council.



Pictured (top row, left to right): Don Carmody, Lou Brock, Kevin Short and Aeneas Williams (bottom row, left to right) Pat Carmody, Jacqueline Brock, Patti Short and Tracy Williams.

These four couples: Lou & Jacqueline Brock, Aeneas & Tracy Williams, Kevin & Patti Short and Don & Pat Carmody were awarded the Champions of Strong Marriage & Community award by St. Louis Healthy Families for their service and dedication to developing their own healthy marriage and service to the Community.

We know that healthy and stable marriages are the foundation for a healthy and stable Community. The Brocks, Williams, Shorts and Carmodys are examples of couples who by their fidelity to their marriage vows have contributed to our Community in countless ways. While very successful in the business and sports worlds, they value their successful marriage as their most valuable win.

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SLHF would also like to thank the following sponsors:

Slay & Associates, SqWires, Debbie & Carl Bearden, The Magic Chef Mansion LLC, Spirit of The Lord Family Church, Patricia Barber and The Missouri Baking Company

Skandalaris - Carla Hayes

This spring, SLHF will participate in the Sixth Annual YouthBridge® Social Enterprise and Innovation Competition. The competition, which was created by the YouthBridge® Community Foundation, helps non-profits become financially sustainable so they can successfully serve their worthy causes. In preparation for the competition, the SLHF staff will attend the Washington University sponsored skill-building sessions and panel discussions, as a means to enhance our entrepreneurial skills, perspectives and relationships. Topics covered in these sessions include Idea Generation and Testing, The Market and Value Proposition, Finances and the Business Model, and The Business Plan and Telling Your Story. Winning nonprofits receive seed money to put their plans into action and in the past, non-winners have found other funding because of their exposure from the competition. Regardless of the competition outcome, SLHF expects to walk away from this experience a more knowledgeable, more connected and better equipped organization.

Marriage Enrichment with St. Louis Healthy Families - Katie Whalen



Saturday, September 18th was a gorgeous day in St. Louis, sunny and perfect temperatures. There were many wonderful happenings in the area including music festivals and the annual balloon race in Forest Park. However, there were over twenty area couples who chose to spend the day inside at one of our Marriage Enrichment Workshops. This showed how committed these couples were to each other in wanting to strengthen their marriages and relationships. They spent all day together working on tools to better communication and to develop skills to have a strong and lasting relationship. Every couple walked out with a smile on their face and a positive attitude towards the future with their partner. For more information on future workshops like these, please visit us on the web at www.stlhealthyfamilies.org or call us at 314-367-HOPE.

Job Corps - Madeline Adams

On September 29th & 30th of this year, St. Louis Healthy Families (SLHF) coordinated a relationship education workshop for students at St. Louis Job Corps located at 4333 Goodfellow Boulevard. Job Corps is a no-cost education program administered by the U.S. Department of Labor that helps young people ages 16-24 improve the quality of their lives through career, technical and academic training. The St. Louis Job Corps Center supports the National Job Corps mission of teaching economically disadvantaged young people the skills they need to become employable and independent, while placing them in meaningful jobs or further education. SLHF delivered 8 hours of relationship education to students, keeping in line with the mission and vision of the organization, as well as fulfilling several of the Job Corps “Core Career Success Standards.” SLHF facilitators Paul Banda & Madeline Adams were well received by students and are looking forward to working at Job Corps again in the future!



Connect and Communicate! - Katie Whalen

On Friday September 24th, Bridget, Ben and Katie attended the 7th annual Connect and Communicate conference in Springfield, Missouri. It was put on by one of our Missouri partners, Operation Us. The basic theme of the day was about using business skills to further your non-profit and create sustainability. We heard from various people including Michael Wood of the very successful consulting firm the TRU Group. The conference offered valuable insight for St. Louis Healthy Families and we hope to be able to implement some of these ideas in the next year.



SLHF welcomes two new AmeriCorps VISTAs!

Greetings! My name is Katie Whalen and I am one of the new AmeriCorps Vistas at SLHF. I am the new Family and Marriage Program Coordinator. I just graduated in

Katie Whalen

August from the University of Missouri-St. Louis with a Bachelor in Social Work and minors in Psychology and Trauma Studies. I grew up in Spanish Lake in North St. Louis County. I've lived in Springfield, Missouri and California and am glad to call St. Louis home once again. SLHF is a very good fit for me because building healthy and strong families is something I feel very strong about. SLHF is an amazing place to work and I look forward to all the opportunities that will come in the next year!



Ben Oberg

Hello! My name is Ben Oberg and I am the new Marketing and Development Coordinator for St. Louis Healthy

Families. I first came to St. Louis in 2006 to finish my Bachelors in Business Administration at St. Louis University. My concentration was in Marketing, so I am really excited about all of the possibilities and challenges this year of service can and will present. This year will be my second year in AmeriCorps. I spent last year with AmeriCorps St. Louis serving in the Reentry One Stop Career Center in north St. Louis for the ex-offender population. This year I am really looking forward to applying my skills and education to leverage organizational assets and resources with the goal of moving the organization forward in a sustainable manner.

St. Louis Healthy Families and Reentry

St. Louis Healthy Families presented to St. Louis Probation and Parole on Monday October 25th on the subject of family involvement in the reentry process. As a recent part of the reentry community, I can say that the impact of a returning citizen's family in whether or not they successfully reintegrate into the community cannot be understated. The presentation itself was a very engaging one that challenged the attendees to think critically about not only the potential barriers in working with a client's family, but also the possibilities. The presentation was very well received by all who attended, and St. Louis Healthy Families is looking forward to working with Probation and Parole in the future.

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St. Louis Healthy Families: Our Numbers

St. Louis Healthy Families is very pleased to announce that as of September 30th, 2010, we are not just beating our yearly goals under our grant, but we are far surpassing them! This has only been possible through the hard work of our grant partners, and you! We cannot thank you enough! As we move forward into 2011 and all it will entail, we ask for your continued support. We cannot do this alone, but together, with hard work, we can build stronger relationships, families and a stronger St. Louis Community!

To date, St. Louis Healthy Families has served:

Couples:	1,272
Individuals:	1,598
Teens:	4,206



In addition, we have sent out 8,860 Brochures to raise public awareness of the relationship issues affecting our St. Louis Community!



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Building Stronger Relationships, Marriages & Communities

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From the Director's Desk:

As my faithful readers know, I love the four seasons that St. Louis provides us. At the moment there are in St. Louis, some very beautiful orange trees, yellow trees and reds amidst many trees that are brown and others that have already shed their leaves, plus the evergreen pines that remain constant.

As I was driving along River Des Peres recently, I passed a cluster of trees of various hues and it made me think about all of us. Each of us have our own beauty, some are more radiant than others, others stand in tall silence yet others are short and wispy. Some bend, others stand firm. Some trees stand out, others are lost in ordinariness. Yet each of us and each person that we serve has a unique beauty.

As you see elsewhere in the Newsletter, we have had a very successful year of providing programs and workshops. Thanks to our grant partners and the several adjunct instructors that assist us we have been able to serve over 1,500 adults and 4,000 teens thus far in our current grant. We feel very privileged to participate in the Healthy Marriage/Responsible Fatherhood funding which allows us to serve so many adults and youth, teaching them healthy relationship skills.

We know that the emotional health of the Community is undergirded by the emotional health of its families. St. Louis Healthy Families is moving forward in hope, confidence and perseverance to continue to be a major player in contributing to the emotional and relational well being of the St. Louis area-wide Community.

Please join us in our efforts in *building stronger relationships, marriages and communities*. We literally cannot do it without you.

Bridget Brennan, Executive Director

Upcoming Events:

- **Couples Retreat with Our Lady's Inn**
- November 20th
- **Let's Talk About Relationships with Carla and Madeline**
- December 2nd
- December 9th
- December 16th
- **Smart Singles with Bridget**
- January 19th, 2011
- January 26th, 2011
- February 2nd, 2011
- February 9th, 2011
- February 16th, 2011

Mark your Calendars! See our website at
www.stlhealthyfamilies.org
or
call: 314.361.1222 for more details!