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St. Louis Healthy Families



On May 5, 2011, St. Louis Healthy Families was awarded a **What's Right with the Region Award** from Focus St. Louis. There were twenty awardees with four awards being presented in each of the following categories: *Creating Quality Educational Opportunities, Demonstrating Innovative Solutions, Fostering Regional Cooperation, Improving Racial Equality and Social Justice & Promoting Stronger Communities*. St. Louis Healthy Families was in the *Fostering Regional Cooperation* category. We were recognized for the extensive outreach that SLHF has provided across the community in providing workshops and programs as well as the broad network of partners that we have developed in the past five years. It was exciting to receive the award and to be among so many people and programs who are serving the St. Louis Metro Community.



We know that together we are better. It is a privilege to be included among the many other agencies and corporations who are creating stronger communities and providing business and educational opportunities to celebrate What's Right with the Region. A special thanks to the SLHF Media Team for their efforts in nominating SLHF for the award.

A very special thanks to our wonderful donors!

In Honor Of...

John & Helen Rothermich
Anniversary Congratulations
From Alice & Jack Weis

Francis Shen & Sophia Beal
Wedding Congratulations
From Sharon & Brian Joye

Judy & Ron Taylor
Congratulations on a wonderful marriage
From Mary & Matt Birkel

Honor those in your life on their wedding day, anniversary or simply donate in honor of a healthy marriage! Contact St. Louis Healthy Families today to arrange for your donation In Honor Of...

Ann & Tom Frawley
Arthur Syndicate, LLC
Beverly Mann
Brittney Short
Charles & Mayovah Seng
Cynthia Plummer
Dannae Delano
Darrell L. Marks Insurance Company
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William & Sandra Bouchein



Months of planning and hard work went into the May 25th *Tending Your Relationships: Reflections on Love in the Garden* held at the Missouri Botanical Gardens in the beautiful Spink Pavilion, and it all suddenly looked like it might be washed away. Literally.

As I am sure everyone remembers, May 25 was marked by tornado sirens, hail and a torrential downpour. We thought for sure that our beautiful event was ruined. Thankfully, we were wrong, and given the circumstances, we had a very good turnout!

The event, which was hosted by Don and Patricia Carmody & Kevin and Patti Short, featured guest speakers Drs. Charles and Elizabeth Schmitz who spoke on the subject of their latest award-winning book: *Building a Love that Lasts*. The book drives home a point that the doctors have long believed: in keeping a marriage or relationship going, it is the simple things that matter most! The couple shared insight from years of research spanning the globe, and the night ended with all of the couples taking home a copy of the Schmitz's book, and plenty of tips and ideas to strengthen the bonds that make a relationship last. Just as the couples who braved the storm were preparing to leave, the clouds parted and the sun emerged making for a wonderful end to a wonderful event.

SLHF STAFF

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Lessons in Life



In May, St. Louis Healthy Families rolled out its latest workshop series entitled *Lessons in Life* at Vashon High School. Designed with secondary students in mind, this series covered a variety of topics such as boundaries and baggage, communication danger signs & media and its influence. The fourth and final session covered the Green Dot Strategy, a training that equips youth with the necessary skills to help reduce power-based personal violence, such as sexual assault, dating violence, stalking & bullying.



Facilitators Madeline Adams, Carla Hayes, Belinda James & Beverly Mann presented *Lessons in Life* to the entire freshman class at Vashon High School, reaching 111 students. Plans are currently underway to offer this series at other sites throughout the St. Louis area in fall 2011. For more information on *Lessons in Life* and other workshops, visit www.stlhealthyfamilies.org

Sat. 8/6/2011 @ 7:00PM

★\$160/ team of 8 or \$20/ person!★
★★Cash Prizes for 1st and 2nd place!★

SLHF Trivia Night

★Beer, Wine, Soda & Snacks included in the price!★
★★Pre-register by Aug. 1st by calling Katie★★
@ 314-367-4673 or emailing slhmcvista1@att.net

Engineer's Club of St. Louis
4359 Lindell Blvd.
St. Louis 63108

Have a Love Story?

Share your love story and let the world know about your special relationship.

Maybe you have seen the St. Louis Healthy Families' television commercials featuring Champions of Marriage - Tracey & Aeneas Williams, and Patti & Kevin Short. These couples are warm and engaging as they talk about their relationships. Both spots are humorous and at the closing, ask viewers to "*Share Your Story*" by visiting St. Louis Healthy Families' website.

We all have memories – stories to tell. Perhaps it is how you and your spouse met, a romantic vacation, special occasion, or dealing with a family problem and how it brought you both closer together. Reading and hearing stories are how we connect and learn about our family and friends.



So *Share Your Story* by visiting the St. Louis Healthy Families website:

www.stlhealthyfamilies.org

Look for this feature on the home page, or click on the *Your Story* button at the top.

And if you do so this month, you can . . .

Win A Romantic Getaway*



Beautiful Overlook Farm Inn in Clarksville, Missouri is waiting for you. Just send us Your Love Story today! All posted stories submitted by **July 31, 2011** will have a chance to stay at the Overlook Farm Inn in Clarksville, Missouri.

Ah, romance is in the air this summer.

* Only one winner will be chosen

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From the Director's Desk:

Dear Friends of St. Louis Healthy Families: If you have read this issue of our Newsletter you have observed that SLHF is about relationships.

We invite people to gather together, to celebrate relationships, to learn how to navigate relationships when they get difficult, to strengthen relationship skills that we may already have in our relationship tool kit but need to dust off and get them shiny once again. In the last few months we have dedicated a great amount of time and energy to serving teens in the area of healthy dating skills, how to avoid serious and dangerous pitfalls in the teen social world and how to develop a healthy self- concept. We have an incredibly talented and dedicated team and partners who make all of this happen. We're better together. This is true in healthy marriages and it is true in healthy coalitions and partnerships.

Two of our team who have provided so much support this year, VISTAS, Katie Whalen and Ben Oberg, complete their year of service in August. Katie & Ben have brought much talent and energy to SLHF. We will miss them and wish them well as they each continue on their professional and personal journeys.

Thank you for your support and please keep checking our website, www.stlhealthyfamilies.org to read the Love Stories as well as to learn about the many events that we have scheduled in the next few months. And don't forget to honor your favorite couple with a donation to SLHF.

Gratefully,

Bridget Brennan

Bridget Brennan, Executive Director

Upcoming Events:

- ❖ **Let's Talk About Relationships!**
◆ July 12, 19 & 26
- ❖ **K-Life Teen Workshop**
◆ July 7, 14, 21 & 28
- ❖ **Teen Workshop at SLU**
◆ July 12, 14 & 19
- ❖ **Trivia Night**
◆ August 6th
- ❖ **Bringing Baby Home**
◆ August 6th & 13th
- ❖ **Champions of Marriage**
◆ Sept 2011 Date & Time TBA
- ❖ **Smart Singles**
◆ Sept 2011 Dates & Times TBA

Mark your Calendars!

See our website at www.stlhealthyfamilies.org

Find us on Facebook at

www.facebook.com/stlhealthyfamilies

Or call: 314.361.1222

for more details!

To receive an e-copy in the future,

please email Ben at

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