



# HEALTHY FAMILY INITIATIVE

*Building Strong Families*

**BREAK-OUT SESSIONS:**

## *“The Talk: It’s Not Your Parent’s Birds and Bees”*

**Shari Evans** *CMPS Director of Willing to Wait*



When it comes to your kids and sex what’s at stake? The pressures and consequences that our kids face when it comes to their sexual choices look very different today than they did a decade ago. During this session we will look at what your kids sexual choices could cost them, what influences are shaping their attitudes and the vital role that you, the parent, can play. You will leave feeling informed, equipped and empowered!

Shari Evans serves as Director of the *Willing to Wait* abstinence program at CMPS. Shari has become highly respected in area schools as she shares with students and administrators, a truthful look at the consequences of sexual activity outside of a monogamous, lifelong relationship. She tackles the tough issues of sex with candor, insight and humor. Shari is a graduate of Oral Roberts University with a degree in education. She and husband John have two children ages 14 and 11 and they reside in Mt. Pleasant.

Dr. Constanza Fox graduated from the Universidad De Antioquia in Columbia. She later moved to the United States to finish her residency at the University of Wisconsin. She worked in New Orleans for several years at the Ochsner Clinic as a pediatrician. Dr. Fox moved to Mt. Pleasant after Hurricane Katrina in 2006. She is currently working at Medical Arts Pediatrics, which is located in the Central Michigan Community Hospital. Dr. Fox loves her job and spends many of her vacations serving on medicals teams in countries such as Haiti, Honduras, Peru, Nigeria, and Bolivia, providing medical help to those in need of assistance.



## *“Hot Topics on Vaccinations and Vaccine Preventable Diseases”*

**Constanza Fox, M.D.** *Pediatrician*

**Mari Pat Terpening, RN, BSN** *Personal Health Supervisor,  
Central Michigan District Health Department*

Diseases that once killed thousands of people annually now have been virtually eliminated because of vaccination efforts. Since many of those diseases are seldom seen or have been eliminated, some parents question today whether vaccination is necessary. The presentation will provide an overview of vaccine preventable diseases in the past, present, and future.

Mari Pat Terpening supervises the Communicable Disease and Tuberculosis Control Programs, as well as all Personal Health program operations (Family Planning, WIC, Immunizations, Maternal and Infant Health Program, Hearing & Vision) in the Isabella County Branch Office of Central Michigan District Health Department. She is also a Michigan Immunization Nurse Educator and has achieved Michigan Tuberculosis Nurse Certification. Ms. Terpening is also involved with a number of community groups and coalitions and is the Co-Chair of the Isabella County Child Death Review Team.





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BREAK-OUT SESSIONS:

## *"Principles of Effective Discipline"*

**Catherine Johnson** *CMPS Director of Parenting Programs*



As parents we share many of the same questions and concerns about raising our children. Although we know that discipline is an important part of parenting, we are often lost in the differing opinions about what it should look like. If you are raising a child of any age and are a single parent, blended family, or couple, you will come away from this session with clear and effective discipline tools.

Catherine Johnson serves as the Director of Parenting Programs at CMPS. Catherine has been working with women and families over the past 13 years. Her focus is on helping parents build strong relationships with their children, establishing boundaries in their homes, and finding fun and creative ways to teach and discipline their growing families. As a single parent for 15 years, she brings understanding and experience to the unique challenges of the single parent and blended family households. She and husband Carl have one daughter age 17.

## *"Intentional Fathers: The 10 Most Significant Characteristics of Great Dads"*

**Ed Long, Ph.D.** *Professor of Family Studies, CMU*



Studies of fatherhood clearly demonstrate that men play a crucial role in the lives of their children. They often lack a clear vision for what a father's role could be, and should be. From years of research and interviews with fathers across the country, Dr. Long will focus on 10 factors that will encourage men to be intentional in their parenting roles.

Dr. Ed Long is a professor at Central Michigan University, teaching coursework in Human Development and Family Studies. Dr. Long received his Ph.D. in Family Studies from Oregon State University and is a licensed Marriage and Family Therapist in the state of Michigan. He is passionate about marriage and fatherhood issues and has done extensive research on both topics. He and his wife Kathy have been married for 35 years and they reside in Mt. Pleasant. They have two children and four grandchildren.

## *"The Benefits for Intentional Family Meal Times"*

**Kathy Long** *Specialist in Children and Family Programming*



Results from the research on family meals may surprise you!! Dads and Moms are invited to hear Kathy's Top Ten Benefits for our children when we are intentional to include family meals. This session will motivate and inspire you as a parent to take family meals off the "extinction list." Learn creative, fun ways to survive, "Dad! Mom! What's for supper?" Be encouraged, rather than discouraged for making time to come to the family table.

Kathy Long has been a leader of children's programming in our community for twenty years. She is passionate about strengthening families and encouraging parents to be intentional in raising the next generation. Kathy was runner up for "Mother of the Year" on ABC's Good Morning America this past year.