



*"Counselling has helped to identify and rectify the core issues of our problems."
(Married Couple, 30s)*



CLM e-NEWS

If you find any of the content of our monthly CLM e-News useful, please feel free to forward them to your friends. By sharing this info with them, you'll make a difference in the lives of those who may need help...

ANNOUNCEMENTS / EVENTS

Parenting Adolescents Course

(Venue: Calvary Church, Damansara Heights; Date: Every Sunday from 23 April to 2 July; Time: 9AM)

This course, to be conducted in a facilitated group format, is specially designed for parents with adolescents. Why is parenting adolescents so challenging? Because it can be puzzling how to manage adolescents, as they are no longer children and not yet adults. Issues to be addressed in this course include: How much authority should parents impose? What should parents know about adolescents' needs? How can parents be a spiritual influence?

The Grief Support Group

(Venue: Calvary Life Ministries, Damansara Perdana; Date: 3rd Thursday of each month; Time: 7:30PM)

The Grief Support Group is a safe place for people to work through their grief with the support and companionship of others who are also on the same journey. This support group is open to any person who has experienced a loss. Come join us for a cup of coffee and a time of sharing on the third Thursday of every month.

For more information on these 2 events, please visit our website at <http://www.clm.org.my/events/index.html> or call Jeannie at Tel: 03-77103360.

JUST FACTS

Common Mistakes Parents Make With Adolescents

- (1) Generalisation
 - one size fits all, adopting instead of adapting methods and strategies to your child.
- (2) Living Your Dreams/Life Through Your Child
 - Insist on your terms, seeing and making your child an extension of yourself
- (3) Emotional Blackmail
 - set guilt traps by using emotions as an instrument
- (4) Miss-communication
 - missing out on listening
 - missing the point
 - misinterpreting what is heard
 - missing the heart
 - misusing and abusing words
 - missing out on bringing resolution to the conversation
- (5) Mistrust
 - broken promises and lies
 - unfulfilled expectations
- (6) Comparing
 - comparing to solicit change often does more damage and almost never yields the intended results
- (7) Overprotecting
 - Effects of overprotective parenting: anger, depression, rebellion, increased dependency, low self-esteem, emotional withdrawal, delayed spiritual growth
- (8) Inattentive Parenting
 - Neglect, lack of interest or un-involvement on the part of the parent
- (9) Our Agenda vs God's Agenda
 - Misguided attention. Preoccupied with mapping out a good, neat plan on how your child's involvement and future should be, overlooking how God created your child to be

The Grief Support Group is a safe place for people to work through their grief...

CONTACT US

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