

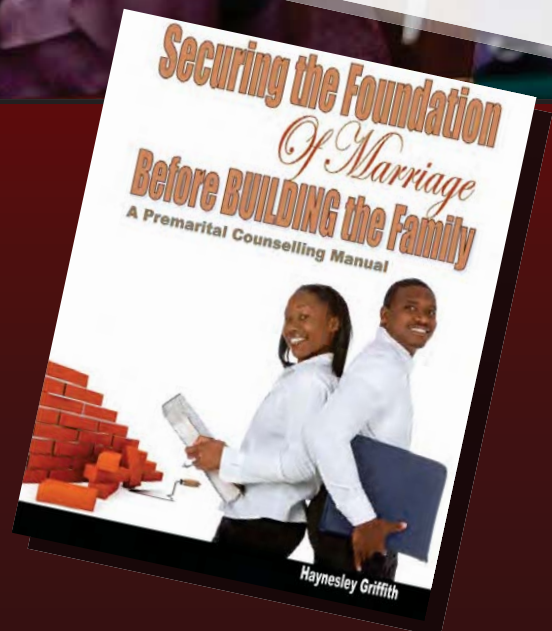
FAMILY HEARTBEAT INTERNATIONAL NETWORK



**COUNSELLING
COURSES
COMING SOON
PAGE 4**



First Book Launched!



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Book Launch

The Premarital Counselling Manual, the first of its kind in Barbados, has already received wonderful reviews.

"Securing the Foundation of Marriage Before Building the Family" was birthed from the premise of the alarmingly high divorce rates in Barbados. Those statistics were especially high regarding couples married for less than five years and those between twenty and twenty five years of marriage. This suggested to the Chief Executive Officer at the 13 year counselling institution, Family Heartbeat International Network, that persons enter the marriage union with little preparation for the future. This book therefore serves as a means to meet the demands of this serious family crisis. Not only is this manual beneficial to those considering marriage but there is adequate information that can assist many other individuals.

These include marriage officers, church leaders, counsellors, singles who are not yet engaged or going steady and even those already married can use the book to help strengthen their marriage. The book can also be used in small groups or for seminars.

At the launch held on April 2nd 2012, at the Carrington Wesleyan Holiness Church, Reverend Haynesley Griffith stated that the book focuses on critical areas that can lay the foundation for the future – areas that can spice up your marriage or areas that you and your significant other may not have looked at before and therefore, need to start looking at now. These are areas that can add value to your relationship.



Some of the other areas that the manual touches on are how to have a long relationship that is meaningful and purposeful with both parties respecting each other and the Other topics include 'Developing Wholeness before the Wedding', "Mature Enough to Marry?," "Money Management", "Sexual Intimacy" and "Goal Setting."

This 157 page manual can be bought at any Things Gospel or Gospel Q outlet or can be collected from the office in Welches St Michael. This book is the first of others to come.

Goals- where are you going?

Half of the year has already passed us by. If you are like most people you may have set out some goals for yourself at the beginning of the year. How are you progressing?

If you have not set any goals for yourself, it is never too late. Goals help you to live a more meaningful purposeful life with an aim in mind. People who do not set goals can find themselves running around in circles and attempting a number of projects and maybe never completing.

Four Reasons Why you Should Set Goals:

- Gives clarity to your Vision:
Setting your goals gives you clarity on what you ultimately want. It makes you crystallize and articulate the desires floating in your mind. It ensures that you are channeling your time, energy and efforts into things that really matter to you. It makes you live more consciously.
- Drives you Forward
Your goals are a representation of your inner desires; desires which motivate you in life. The point when you set goals marks the points when you are most connected with your source of motivation. It is when your motivation is at its peak. They are the fuel which drive you forward and keep you going when the going gets tough.

"The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them." **D. Watley**

- Makes us Accountable
Rather than just talking about what you want all the time and not do anything concrete about them, you are now obligated to take action. Setting a specific goal gives you clarity on whether you are living up against what you committed yourself to do when you first set your goal.
- Helps you Achieve your Highest Potential
No one else can do it but you. If someone else sets your goals they might set them too small. Only you know your inner passions and desires and what gives you motivation. Someone once said if your dreams do not scare you then you are thinking too small. What is it that you really want to do? Go ahead set your goals to get there. It might take you five years but the longest journey starts with one single step!
Go GOAL-setter!

When setting goals make sure they are SMART

S- Specific
M- Measurable
A-Attainable
R- Realistic
T-Timely





Community Heart Beats

“Bringing Life and Hope to the Nations!”

That is our mission and we intend to affect change to all strata of society, not only to those who come to us but we are passionate about going into the world.

Decent Decisions Initiative

For the past six months, Family Heartbeat International Network (FHIN) reached out to approximately 1500 students in our Decent Decisions initiative. This programme is aimed at promoting messages of purity to the Secondary School students and informing Primary School students about knowing their Bodies and Keeping it Pure.

With a number of messages the youth receive through various forms of media we utilised one of the most powerful vehicles to get our message across, that of music. We engaged the students of Springer Memorial Secondary School and Deighton Griffith Secondary School in an end of term concert where the students were also tested on facts about HIV/AIDS. Young gospel artistes Karlos Cobham, Alaina Trotman, Chad Blackman, Patrick O'Brian Ignite and Sirrah used their songs to inspire the students to constantly make Decent Decisions. This was well received by both the students and the teachers.

The fourth and fifth form students at the St George Secondary School had a more personal session facilitated by two doctors. This session called 'Inside Sweetness' dealt with sexually transmitted diseases.

Transitioning from Primary School to Secondary School can come with a whole heap

of emotions especially when your body is going through its own changes. We found it fitting to enlighten the students of Holy Innocents Primary School and St John Primary School about their body parts and functions and the changes that are expected to happen. These Class Four Students were divided into genders.

Community Discussions

FHIN was invited to speak to residents of the Black Rock community who usually gather weekly at the Black Rock Wesleyan Holiness Church. The group comprised of mostly males who “lime on the block.” The purpose of the discussion was to empower the young men to not waste their lives but to seek purpose and fulfil it.

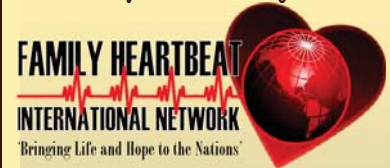
Other community outreach included a youth forum under the discussion “Street Life to the Sweet Life” where all the youth groups in St George were invited. A panel included a Liaison Officer from the Royal Barbados Police Force, a former gang member and drug dealer and someone who has always been a Christian. Ministry in song was delivered by Sirrah, Chad Blackman and Gozzy.

Hospital Outreach

During the Gospelfest celebration in May, Family Heartbeat facilitated ministry in three hospitals with gospel minister Doreen Vail who is experienced with working in the healthcare arena in the United States. Patients of Gordon Cummins Hospital, Psychiatric Hospital and the St. Lucy District Hospital were serenaded and also joined in by singing choruses and their favourite songs.



Contact us if you want to arrange outreach ministry



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Positive Up-Lifting Sanctified Encounter



PulseRadio365 celebrates One Year!!

Family Heartbeat Counselling Courses

Starting January 2013

Mondays 6-8 pm

Call 429-5757 for more Info

“COUNSELLING THE PREMARITAL COUPLE”

Facilitator: Reverend Haynesley Griffith

Other Courses to be offered:

- Prevention, Intervention & Postvention
- How to Bend Without Breaking– The Stress Factor

Family Heartbeat International Network (FHIN)

We provide:

- *In-house counseling
- *Employee assistance programme,
- *Corporate counselling (local & regional)
- *Critical incidence response
- *Premarital Counselling
 - * Marital Counselling
 - *Parental Counselling

Coming Soon

visit our website

www.familyheartbeat.org