

# ONE INDY FAMILY WORKSHOPS

One Indy is a long-term education initiative led by Peace Learning Center, in partnership with the Dept. of Public Safety and Indianapolis Public Schools, to serve elementary school students, parents, and teachers at our partner schools.

Peace Learning Center will offer the following Family Workshops, at no cost to you, throughout the school year to the families of students who attend this school:

## WE'RE IN THIS LOVE TOGETHER

Discuss and highlight the positive qualities of your family. Families will understand they are working to make what is good even better.

## I AM, AND YOU ARE

Describe who you think each person in your family is by listing likes, dislikes, stressors, favorite foods, activities, etc. This will allow each family member to see themselves as others see them.

## CAN WE TALK?

Describe what you feel are the causes of conflicts or problems within a family. No family will be singled out; rather, you'll help describe a typical family to begin reflecting on your own family's dynamics.

## WHAT IS CONFLICT?

Learn and identify types of conflict and reasons for each type. This will be the precursor to learning conflict resolution and reconciliation skills.

### TO LEARN MORE:

Register to be notified about One Indy Family Workshops and other events at your school. Or, contact Naeemah Jackson, Director of Family Programs, by phone at 317-327-7144 or by email at [njackson@peacelearningcenter.org](mailto:njackson@peacelearningcenter.org).

[WWW.PEACELEARNINGCENTER.ORG/ONEINDY](http://WWW.PEACELEARNINGCENTER.ORG/ONEINDY)



**A Family is like a forest, when you are outside it is dense, but when you are inside, you see that each tree has its place. - Yoruba People**

# ONE INDY FAMILY WORKSHOPS CONTINUED

## HOW DO WE SOLVE CONFLICT? PART 1

Learn techniques for solving conflict through discussion and role playing. This will give all family members an opportunity to reflect on family conflict without revealing personal information.

## HOW DO WE SOLVE CONFLICT? PART 2

Continuation of Part 1—How do we solve conflict? Go deeper into learning conflict resolution, reconciliation and how to forgive.

## WHAT IS THIS I'M FEELING?

Explore emotions and their effect on the physical body and the mind. Learn how to move from “I’m ok.” or “I’m alright.” to expressing emotions that more fully reflect how you truly feel. Learn how important it is to express yourself in an authentic and respectful manner.

## JUST WHAT IS PEACE?

Learn and go beyond the idea that Peace is only the absence of violence. Learn four important principals of Peace: (1)Community, (2) Cooperation, (3) Non-violence, (4) Witness.

## DO YOU HEAR ME—ARE YOU LISTENING? PART 1

Learn different types of communication such as the nuances of listening, observing, passive communication, aggressive communication, and non-verbal communication.

## DO YOU HEAR ME—ARE YOU LISTENING? PART 2

Continuation of Part 1. Go deeper into the need for clear and concise communication amongst family members. Explore how lack of respectful and clear communication is usually the bedrock of family conflicts.

## DEVELOPING A FAMILY PEACE PLAN

Using art materials, create a declaration that outlines how you envision your peaceful family. Also, create a family crest that expresses the best of your family as a loving and cooperative unit.

## WHY PLC FAMILY PROGRAMS?

Today, right now – all families face challenges that can and do put terrific strains on establishing and maintaining harmony and peace. Through Peace Learning Center Family Programs, we offer interactive, non-threatening, and non-judgmental workshops to gently peel back the layers of – sometimes unnoticed – reasons for the breakdown in communication. Everyone is held accountable. We help families understand how to grow and nurture the love that binds them.