

February 2024 Newsletter

www.familyintegrity.org

2024 Giving Challenge

April 9-10... Noon til Noon

get a 1 to 1 match for up to \$200

Rules...

- Donate \$25 \$200 <u>online</u> between noon on Tuesday, April 9, and Wednesday, April 10, and get a one-to-one match. The first \$100 will be automatically matched by the Patterson Foundation and the second \$100 will be automatically matched by Don Pratt's Presidential Challenge.
- You must use a credit or debit card.
- You must donate <u>online</u>. Call us at 941.799.4975 and we can assist you if you do not have a computer or computer access.
- You must donate between noon on Tuesday, April 9, and noon on Wednesday, April 10.

Examples

- \$25 will be matched with \$25 from the Patterson Foundation for a total of \$50.
- \$125 will be matched with \$100 from the Patterson Foundation and \$25 from the Presidential Challenge for a total of \$250.
- \$200 will be matched with \$100 from the Patterson Foundation for \$100 and \$100 from the Presidential Challenge for a total of \$400.
- \$500 will be matched with \$100 from the Patterson Foundation and \$100 from the Presidential Challenge for a total of \$700.

25,000 Course Completions!

In February, we reached a new milestone!

We have now over 25,000 course completions and 400,000 contact hours with face-to-face time with clients.

At the time of the announcement the totals were: 25,117 graduates and 423,544 contact hours.



Family Integrity Training

FIT is a 501(C)3 nonprofit organization with life-skills courses active in many places. FIT facilitates courses that are taken all over Florida, in a few other states, and in London, England. FIT provides training in interpersonal life skills and development of spiritual character. It serves those who are incarcerated as well as those in recovery and halfway houses or those needing court-related rehabilitation courses.

The family unit is the most essential part of human existence and can be the most rewarding or the most troubling part of daily living. Whether people seek "family" in the traditional sense, in a job, church, friendship, or even in a gang, their need for relating is great. Belonging and being safe are two of the greatest needs of human beings.

FIT features nine different courses to strengthen family integrity. They are

Practical Parenting (9 Lessons). Most of us are parents and need to connect with our children in positive ways and all of us have parents. From birth on, our children literally depend on us for security, training, and belonging. Our parents also need us as a part of the family.

Insight (9 Lessons). All of us have hangups or addictions that need working on. Some of them are serious and some are not so serious. This course helps us regain control over ourselves in healthy and productive ways.

Starting Over (9 Lessons). This course is an abbreviated synopsis of the other courses with the following structure: Chartering a Course, Staying on Course, Traveling Light, and Arriving Home.

Change of Heart (9 Lessons). All of us struggle with issues that are unhealthy. This includes such things as unforgiveness, destructive attitudes and mindsets, and poor relationships with partners, family, and friends. We will personally feel better and connected if we can adjust our thoughts and actions in positive ways. It is better for us and for those we love if we do.

Free to Grow (12 Lessons). This collection of spiritual truths addresses several areas of connectedness. It especially focuses on the implications of Christian growth with success in development of personal purpose and good relationships with others.

Anger Dynamics (9 Lessons). Unless we are emotionally dead, we all have anger issues. Some are large and some are small. Learn how to manage anger and nip it in the bud because anger out of control not only affects you, it affects everyone around you.

Dating and Marriage (9 Lessons). Learn the importance of both dating and marriage in creating a family. The family ideally starts out with a committed man and woman who love each other. Then it becomes a solid basis for children born from this relationship.

Coping with the Losses of Life (9 Lessons). We all of disappointments in life. Some are large and some are small. Learn how to handle them. How you do it not only affects you but also those around you. The course deals with much more than just the death of a person.

Discovering Financial Success (9 Lessons). Earning and spending money also affects us profoundly. It is one of the major reasons for marriage problems. No one likes being in debt and unable to meet their obligations. It is a family issue and families need to learn how to be partners.