

# THE PEACEMAKER CENTER

Fall 2011

## OUR OFFICE LOCATIONS

Downingtown  
Kennett Square  
West Chester  
Audobon

Day and Evening Hours  
Phone: 610-269-2661  
Fax: 610-269-7562



## OUR BOARD OF DIRECTORS

**Chair**  
Deb Michaud  
**Treasurer**  
John Clark  
**Secretary**  
George T. Keyes  
**Executive Director**  
Judy A. Reid  
**Board Member**  
Marc Lucenius

## OUR MISSION

The mission of The Peacemaker Center is to help people find peace with God, themselves and with others through biblically-based counseling and conflict resolution.

The Peacemaker Center is open to anyone for help with:

- Individual, Group, Family Counseling
- Marital Counseling
- Grief and loss issues
- Depression
- Anger management
- Eating disorders
- Addictions
- Surviving sexual abuse
- Life Coaching
- Financial counseling
- Preparing for marriage
- Conciliation
- Other mental health issues



## A Little Help Goes a Long Way

Most of us have experienced some hardship due to the economic downturn of our country over the last few years. The Peacemaker Center's mission is to help those who are in need regardless of their financial ability. This year we have provided more than 1500 hours of subsidized counseling.

Many of you have probably already heard about the substantial donation we received this fall. One of our supporters has offered The Peacemaker Center up to \$10,000 in the form of a matching grant. We have asked friends of The Peacemaker Center to donate this fall to help us gain the full potential of this generous offer. Just \$10 turns into \$20 with our matching grant!

### *What is it used for?*

These funds allow us to offer counseling to clients who cannot afford to pay. Our sliding scale can go as low as \$5 per session. As per our mission we don't turn anyone away. Supporting this mission has become increasingly difficult as the economy worsens.

Our Board of Directors continues to step out in faith. We have continued to offer our services to those in need while exploring new options for support.

**To participate in our matching grant please donate by November 15 at:**

[www.thepeacemakercenter.org](http://www.thepeacemakercenter.org) or mail donations to 103 Garris Rd.  
Downingtown, PA 19335

## GALATIANS 6:9

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. <sup>10</sup> Therefore, as we have opportunity, let us do good to all people.

**CHECK OUT OUR WEBSITE: [THEPEACEMAKERCENTER.ORG](http://THEPEACEMAKERCENTER.ORG)**

## Communicating with Teens About Sex and Relationships

It's that time of year again, and the kids are headed off to school for another year of classes, homework and socializing with friends. School and other community interactions bring new influences and opinions into children's lives. Most parents know that it is important to talk to kids about sex as their bodies begin to change around 6 or 7 years of age. But if your kids are in middle or high school, you may be aware of a sudden increase in the depth of discussion. However, the health teachers should not be the only ones teaching your teenager about relationships and sex. Numerous studies have shown that parental involvement and communication about sex and relationships with adolescents have a significantly positive impact on adolescent relational and sexual health, helping to curb issues such as teenage pregnancy, HIV/AIDS, sexually transmitted infections (STIs), and their negative consequences. So, in order to help protect your teenager's relational and sexual health, here are some practical things you can do.

Communicating with your teenager early and often is crucial. The early connection you created in childhood by talking about sex will help facilitate your conversations as your kids get older. Your input and guidance is important because the only other information they are receiving comes from the media, the classroom, and their peers. Usually, physical topics, such as the biology of sexual intercourse, HIV/AIDS, STIs and sometimes contraception are described in health classes. However, there are many more things that should be addressed. Adolescents need to learn about the social aspects involved in relational and sexual intimacy. Talk to your teenager about decision making, compromise and negotiation, values, respect, mutuality, responsibility, and how sex acts as a means of communication. In addition, talk to your teenager about relating with others, including gender roles and differences, healthy versus unhealthy relationships, realistic expectations and beliefs, and assertiveness in your discussions. By talking to adolescents about assertiveness, you can help them learn to express themselves and satisfy their own needs without hurting others in the process, giving them the abilities to communicate effectively, act responsibly, and have the courage to speak their minds. Most parents' desire is for their child to be abstinent but the number of teenage pregnancies and abortions within the church suggest that we may need to discuss birth control and sexually transmitted infections as well.

By: Brittany Zane



### Quick Tips for Talking With Kids

**Communicate:** love, approval, that you care, praise and appreciation, respect and trust, openness, and disapproval of risk behaviors

**Take Action:** show affection, give individual attention daily, respect and trust them, track and supervise your teen, provide consistent rules and values, provide a safe and secure environment, and communicate early and often

**Keep the Right Attitude:** be open and realistic, be aware of and do not underestimate the risks adolescents face, and have reasonable expectations

**Teach:** self-control, patience, fairness, self-reliance, and taking responsibility for decisions and actions

**Help Them Develop:** a sense of worth and value, a purpose, positive and supportive relationships, involvement with others, spirituality, responsible decision-making skills, a love of learning, and assertiveness