



## University Center for the Child and the Family

### Winter 2010 Public Lecture Series: Family Life In The 21st Century

Wed., Jan. 20 ... **“You Never Listen to Me”: Improving Communication with Your Intimate Partner**

Most couples who seek therapy complain of difficulty communicating. This workshop will present a theory of the inevitable power struggle that takes place in intimate partnerships, a struggle that all too often makes calm discussion challenging. This workshop will demonstrate a method of "intentional" talking. The demonstration will be followed by time to practice with your partner privately.

**Please Note:**

*Participants should plan to attend this workshop with a partner. The session will last 2 hours (7pm - 9pm) in order to allow time for practice.*

**Presented by Peggy Buttenheim, Ph.D.**

- All lectures are FREE and open to the public.
- Registration is required.
- Lectures are 7:00-8:30 PM at UCCF.
- Free parking in the UM Church Street structure.

Wed., Feb. 10 ... **Building Your Young Child's Healthy Self**

Parenting young children can be a humbling experience. This session will focus on helping parents nurture their young child's emerging self through positive emotional connection, effective limit setting, and creating joy.

**Presented by Eileen Bond, L.M.S.W.**

Thurs., Mar. 11 ... **Picking up the Pieces: Coping with the Death of a Family Member**

The experience of a family member's death is one of the most difficult and life-changing events children and parents face. This lecture will help parents better understand the grief process, how to distinguish between normal and complicated grief reactions, and how to help their children and themselves cope with the loss of a family member.

**Presented by César Valdez, L.M.S.W.**

Tues., Mar. 30 ... **Getting the Happiness You and Your Children Deserve: What Science Tells Us**

Over the last 25 years, psychologists have investigated the many reputed paths to happiness. This lecture will review those routes that surprisingly don't lead to happiness, and describe the means for attaining true life satisfaction for you and your children.

**Presented by Jerry Miller, Ph.D.**

### UCCF - Finding solutions for each family's difficult challenges.

The University Center for the Child and the Family (UCCF) is a unit of the Institute for Human Adjustment (IHA) at the University of Michigan and is committed to providing quality mental health services for children and families in the community. UCCF offers evaluations and therapy in such areas as learning disabilities, emotional and behavioral concerns, grief and loss, and relationship issues for couples. UCCF is a Blue Care Network provider including Premier Care and GradCare. We also accept other insurance policies, and sliding scale fees are available.