



Dear Parents,

We'd like to invite you to a very special family program that St. Mary Help of Christians is proud to be hosting. The program is called *Changes & Challenges* and it's **for parents with your 6th grade son or daughter.**

Changes & Challenges is an 'introduction to puberty program' and it will be presented by Family Honor, Inc. For over 30 years, Family Honor, a non-profit organization based in Columbia, SC, has provided a Catholic framework on the truth and meaning of sexuality, love, and family. Their programs give a unique opportunity for parents and children to learn to communicate more effectively on important life values, with a special focus on the virtue of chastity.

Here are the details:

- The program will be held on: Tuesdays Sept. 17t & 24 at 7-9pm
- The program will be held in: St. Mary's School

Session 1: is for parents only, to give some basics on child development stages and the virtue of chastity, and also to focus and plan for the needs of your child at this stage. It also gives an overview of Session 2.

Session 2: is for you to attend WITH your 6th grader. This session will feature a skit on virtue, a video on fetal development, slides on fertility appreciation (including simple drawings of the male and female reproductive system) and a presentation on developing the 'whole person' (spiritually, physically, intellectually, creatively, and emotionally).

We chose Family Honor to present a program here because they believe you, as parents, are the first and best teachers of your children, and they want to serve parents by helping to build and enhance bridges of communication between you and your child. As a recent parent shared, "*(This program) gave me a chance to talk with my daughter about her sexuality in an age-appropriate way.*"

There are lots of activities pulling families in many directions, but this is an experience that families look back on years later and say, "Wow – that really made a difference!" This is a chance to invest in one of your most precious assets – your child.

To register, go to: <https://familyhonor.org/chastity-programs-near-me/> and look for Aiken, SC

Thank you for your interest, and I hope to see you at this program. We consider this a wonderful opportunity to learn more about building healthy, happy, and holy families.

Sincerely,

Mary Ellen Jackson

DRE

Questions? Contact me at mjackson@charlestdiocese.org or 803-507-1060