

# PROGRAMME MENU

For Churches | 2026



## FAMILY LIFE MINISTRY

### MARRIAGE

- A Marriage Assessment**  
Providing a two-pronged approach in strengthening marriages, the Marriage Assessment tool aims to help members of organisations understand the health of the marriage and steps they can take to deepen it, as well as equip organisations to better support their members' marriages.
- T Celebrating Marriage: *Keys to intimacy and happiness***  
What often prevents us from baring it all to our spouse is the fear or lack of know-how in articulating our innermost needs, hopes and desires for our marriage. Acquire time-tested practical wisdom for a candid insight into what can enhance your marital relationship and turn a good marriage into a great marriage.
- W Connect2™ Marriage Preparation**  
*Connect2 Marriage Preparation Workshop* aims to help couples address issues that you may face as newlyweds, build a solid foundation in the early years and learn how to really love each other — for life.
- W Connect2™ Just Married**  
The early years of marriage are filled with unique challenges and opportunities for growth. This 3-session hybrid workshop is designed to equip couples married for five years or less with practical tools to build a thriving marriage.

### PARENTING

- T Raising Relationally-Smart Kids: *An integrated approach to love, sex and relationships***  
Talking about sex can be one of the most daunting tasks for parents, especially if we never had the subject broached with us when growing up. How then can we confidently discuss healthy sexuality, love, and relationships with our children? Be equipped to help your children make wise decisions in life, love and relationships.
- T Raising Resilient Kids: *Building B.O.U.N.C.E. for the bumps in life***  
We live in an increasingly fast-paced and competitive society often described as a VUCA (Volatile, Uncertain, Complex, Ambiguous) world, where the pressure to succeed and perform can leave our children feeling panic-stricken and overwhelmed. How can we nurture our children's psychological resilience to better manage stress and peer pressure? Be empowered to emotionally coach your child towards a positive and healthy attitude for learning and living.
- T Raising Growth-Minded Kids: *Navigating school transitions with confidence***  
Transitions are a part and parcel of life, but how can we prepare our children for them? Understand your child's changing world, the challenges that they may face, and learn how you can equip your child holistically so that they get along well with others and confidently engage the world.

**A** Assessment    **T** Talk: 45mins – 1hr    **W** Workshop/Event: 2 – 3hrs

Fees and conditions apply.

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**Raising Screenwise Kids:** *Empowering kids to navigate the virtual world*

With so much of our children's time now spent online, how can we raise them to be screenwise and future-ready? It can be a parent's greatest challenge to set limits on screentime and boundaries around digital content consumption. Yet if done right, our children can be empowered to consume media wisely. Learn how you can create a healthy, balanced relationship with technology for your child that goes beyond mere rules and restrictions.

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**The ParentEd™ Dialogues:** *Personalised parenting solutions across life stages*

- Dialogue 1 | The Parent Species: Becoming the parent we want to be
- Dialogue 2 | C.S.I. – Child Species Investigation: Bringing out the best in your unique child
- Dialogue 3 | Creative Correction: Making discipline firm and friendly
- Dialogue 4 | High-5s at Home: Nurturing the parent-child relationship

These dialogues promise candid sharing and stimulating conversations among likeminded sojourners on the parenting journey. Acquire timeless principles, priceless perspectives, and practical tools for informed, involved and intentional parenting.

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**The Modern Family [Parent Edition]:** *Understanding LGBTQ relationships & activism*

With so much talk and constant media bombardment on LGBTQ+ issues, how can we make sense of gender, homosexuality, and same-sex attraction from a Christian perspective? Gain practical handles to engage your child on the topic and strengthen their biblical convictions and moral courage to make a stand.

## PARENT-CHILD

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**Talk About Anything:** *Safe conversations between parent and tween (aged 10-12)*

Finding it challenging to get through to your blossoming teenager? Are you able to get to the heart of the matter, or to matters of the heart? Here's an opportunity to have facilitated, real-time, honest conversations on touchy topics, growing up, life in general or anything that matters.

[Choose 1 topic per session]

- Speak love
- Media and technology

## EQUIPPING THE CHURCH

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**Family-Themed Pulpit Sermons:** *Building Christian marriages and families of faith*

- Family: A Conduit for Faith
- Marriage: Leaving a Legacy that Matters
- The Lasting Influence of Dads
- The Lasting Influence of Moms

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**Christian Home Makeover:** *Strengthening faith at home*

Everyone is part of a family, and every family has a heritage – a spiritual, emotional, and social legacy passed from one generation to the next. The question is, how can we pass on faith to our children and live an authentic faith where “as for me and my household, we will serve the Lord”?

or

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**A** Assessment    **T** Talk: 45mins – 1hr    **W** Workshop/Event: 2 – 3hrs

Fees and conditions apply.

**T** **All in the Family: Talk**  
*Bridging the communication gap with your parents*

The generation gap isn't a new phenomenon but has been accentuated by a fast-paced world of modern digitalisation. Yet, the need for connectedness and communication between parents and youths remain and are perhaps even more critical in a remote-controlled, online world. Gain insights and practical solutions to overcome the hurdles to meaningful conversations at home!

**C** **Encounter**  
*Encounter the Heavenly Father and discover His heart for you & for Family*

An immersive 3D2N residential camp designed for youths to encounter our Heavenly Father and understand His design for family. Through impactful programmes, interactive activities, intentional mentoring, and opportunities to experience God, youths will be equipped and empowered to *believe in, live out and champion family*.

**W** **FamChamps® All in the Family: Acknowledge**  
*...how your family of origin shapes who you are*

Ask almost any youth, and they would say that family is important. But how exactly does family make a difference in their lives? Through this interactive workshop, youths will explore their family experiences and relationships to discover the true value of family.

**W** **FamChamps® All in the Family: Appreciate**  
*...the importance and role of parents in a teenager's life*

"Why can't my parents understand me?" "Why are my parents like that?" Misunderstanding and miscommunication between parent and child are common, but can they be prevented? Through this interactive workshop, youths will discover how parents think and learn useful tips to communicate with them.

**W** **FamChamps® All in the Family: Advance**  
*...your dream for your present and future family*

"What's the difference between infatuation and love?" "When should I start a relationship?" "Is there still such a thing as love at first sight?" Through this interactive workshop, youths will better understand love in relationships and start thinking about the future spouse and family they would like to have.

**W** **Family Future Makers**

An interactive workshop series led by thought leaders, this five-session programme is designed to empower young leaders who aspire to be active citizens and uphold family values as a cornerstone of nation-building in Singapore. Youths will gain practical skills and confidence to engage in conversations that shape culture narratives on various family issues, backed by natural law and social science.



### **SexEd™ Workshop:** *Cultivating secure identity, true intimacy & authentic relationships*

Today's highly sexualised culture can overwhelm us with conflicting ideas about love, sex, and relationships. Knowing the facts about love and God's truth about sex empowers us to make healthy and beneficial life choices, so that we can enjoy His blessings of real love, true intimacy, and genuine freedom.

Explore God's design for sexuality and relationships in 5 modules:

1. **Sexual Identity:** What determines my sex? How do I know my sexual orientation? What's wrong with premarital sex?
2. **Sexual Integrity:** What is the purpose of sex? What does sexual wholeness mean to me? How important is sexual health and purity?
3. **Sexual Intelligence:** How do values and sexual consent affect decision-making? How can I navigate love and relationships?
4. **Sexual Issues:** How do I make sense of the different sexual orientations and gender identities? How does masturbation, pornography or abortion affect me?



### **The Modern Family [Youth Edition]:** *Understanding LGBTQ relationships & activism*

With so much talk and constant media bombardment on LGBTQ issues, how can we make sense of homosexuality and same-sex attraction from a Christian perspective? What does it matter to us as individuals, the Church or society? What does the Bible say about sexual orientation and gender identity? How do we respond as Christians?

**Camp:** 3 days    **Workshop:** 2 – 3hrs

Fees and conditions apply.

**For enquiries, please contact us at:**

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