

MANAGING FAMILY LIFE

The family is the most important organisation in the world. Family life creates an environment, which human beings love and serve one another so that they can grow and flourish together.



Successful families don't just happen; it results from a passionate commitment to shared values and from family members who invest their love, time, and energy into helping each other.

Just as in business, every family undergoes conflicts and arguments, however getting off track doesn't mean you have failed, it just means you need to make some corrections, revisit your goals and purposes to be a family member.

If you and your spouse communicate openly, negotiate your priorities and individual preferences, you will be able to make decisions that accommodates your family.

It is never too late to begin making changes that lead to a rewarding marriage, a strong family and more satisfying life.

A strong family has a couple of things in common:

- Having emotional security
- Warmth, care, and positive attention
- Effective communication
- Connection to other outside families

Above all, managing a family is not about having lots of money and possessions; it's about growing from love, having security, respecting each other, communicating with respect to other family members, and setting rules and routines for family members.

If you need help with managing your family life, call our Mental Health services on 014 590 1700 or 080 000 6942. EAP Counselors (010 133 0525) are also available 24 hours per day, 7 days a week to offer guidance and support.



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