



Village Vibes

SDC Head Start Healthy Relationships & Marriage Enhancement Newsletter

Village Hall of Fame

Interview with Rodney Evans: A Healthy Relationship All-Star

Rodney Evans participated in a series of Men-only classes. Enjoy this interview with Kristin Mauk, SDC Healthy Relationship Educator, which occurred over the Summer of 2011.

Kristin (K): Are you currently single or in a relationship? Has your relationship status changed since attending the classes?

Rodney (R): I'm married and we just celebrated our 19th wedding anniversary about two weeks ago. Our relationship status hasn't changed but I've been able to use what SDC gave me and applied it, along with tools from other marriage encounter events, to my relationship with my wife, my children and others.

K: How has the SDC HR&M "Fathers Strengthening Families" Program impacted your relationship with others?

R: The first thing that it did for me was that it showed me that I

needed to learn what it meant to be a father. Then it gave me the tools to be a good father: communication, age-appropriate expectations and activities, problem solving, patience, and other things. It gave me a different view of life, the community, and my family.

K: How has the program impacted your thoughts and feelings about yourself, your spouse/partner, your children and your ability to reach your goals?

R: In learning the information of what a father does, I learned about the authority, responsibilities, and abilities that I have. It

increased my self-esteem and gave me a perspective of my position as a dad, and that it is a very important position. The more I worked at it the more it



helped me develop myself as a dad and man.

K: What was your most memorable experience in HR&M?

R: The retreat in Green Lake. It was the most beautiful, awesome experience with a group of guys that I ever had. The bonding, being able to get away, the spirituality of the event, the moment, how guys came together and their true selves came out because the need of being defensive [from

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SDC Head Start Healthy Relationship & Marriage Enhancement Program

Volume 2, Issue 1

Quarter 1

Tool Shop

Keep Your Relationships in Tip-Top Shape

- ☺ The aim of an argument or discussion should not be victory, but progress.
- ☺ Listen—Just Listen... Then Respond.
- ☺ Children learn to smile from their parents.
- ☺ Anyone can catch your eye, but it takes someone special to catch your heart.

Calendar of Events

Woman to Woman	11/05
Level I: Women Only	
On My Shoulders	11/05
Level I: Men Only	
Fall In Love	11/19
Level I: Couples Only	
Woman to Woman	12/03
Level II: Women Only	
On My Shoulders	12/03
Level II: Men Only	
Fall In Love	12/10
Level II: Couples Only	
Healthy Relationship Graduation	12/16

Debora's Desk

A Message from the Program Manager

Welcome to the 2nd edition of *Village Vibes*, a guide to healthier relationships of happiness with someone, *Village Vibes* plans to offer everything from tools for obtaining and sustaining healthy relationships to tips for promoting self-love and personal growth. The Fatherhood part of the program helps fathers real-

ize that they play a special role in the development of their children. The curriculum that is used in this part of the program is "On My Shoulders." Studies show that fathers who are involved with their children exhibit more self confidence and are less anxious than children less attached to their fathers. We

hope that you will be a part of the services that we provide. With strong couples, strong families and healthy children, we do have strong communities. We also hope that the information provided will prove helpful for your relationships. Come join us in this community strengthening process.

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being in the city] was taken away.

K: What skill(s) from the program has been most helpful to your relationship?

R: Communication skills and problem-solving skills. In the beginning it was also skills with interacting with a child, just knowing that simple things like just being there and being available means a lot to a child. It doesn't have to be something big to be important.

K: How has HR&M affected other areas of your life? What would you say are the benefits of the program?

R: It boosted my self-esteem, my self-image which helped me widen out. I am currently affiliated with five community groups in which I do community service for. I'm not afraid to speak my mind, my point of view and let someone know if I disagree. I used to not do that, especially with someone of status. Now it doesn't matter who the person is, I can share what I need to say. I was never able to do that before. The program has put me in a position to encourage other men and other people in general.

K: What advice would you give to another father who is experiencing challenges in his relationships or in his life in general?

R: I'd point them in the direction of a place

with resources and men who's minds are made up that they're going to be great fathers and that's what they're going to do. And I'd just encourage them to seek that. I'd give them the tools I learned and remind them that they are a father now so their kids come first and if they didn't have a father in their life, they need to deal with that because their kids need them.

K: How would you describe the program to someone who is thinking about attending a class?

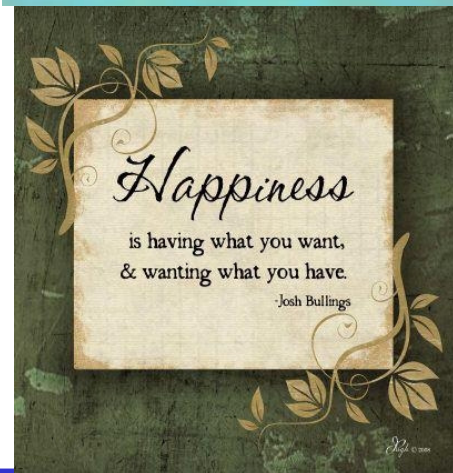
R: It's awesome, it's awesome, it's awesome. I would ask them what they were looking for and once they tell me, I would tell them that the program is what they're looking for and more.

K: What impact has the program had on you and your children?

R: It's made it better. I apply the tools and just be there for them.

K: Is there anything else you would like to share?

R: The staff are some of the most wonderful people. They were tailor-made for their positions.



Around the Block

Healthy Relationship Programs At Home & Around the Nation

Calling all Village Leader Men and Women! The Healthy Relationship program provides relationship education for single individuals as well as unmarried and married couples. The class sessions are presented in a fun, interactive format that fosters group discussions and activities and promotes shared learning. There are a variety of class sessions that are offered designed for your specific relationship status. We offer men-only and women-only sessions which occurs at the same location but in separate areas. These sessions are open to individuals who are single and those who are in relationships. Couples classes are open to both unmarried and married couples who are motivated to learn about themselves as well as each other and learn skills to

strengthen their bond. Attend the class to strengthen your relationship skills and further your relationship knowledge. We'll discuss topics such as:



- Smart love & Knowing & Respecting Yourself & Others
- Qualities of a Healthy Partner & a Healthy Relationship

Have More Fun & Less Drama!

WOMEN ONLY:

Kristin Mauk (906-2762) or
Tondalayo Davis (906-2728)

MEN ONLY:

Richard Johnson (906-2759)

The SDC Head Start Healthy Relationships & Marriage Enhancement Program provides FREE relationship education for single, unmarried, and married adults.

We strive to strengthen and promote healthy relationships and build family connections that enrich each partner and their children.

SDC Head Start
Healthy
Relationships & Marriage
Enhancement Program