FAMSA Value of the month

LOYALTY

“Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowance for human weaknesses!” - Ann Landers, beautifully quoted by our FACE of FAMSA Ambassadors, May 2018.

For more information on our FACE of FAMSA project, see page 3.

Remember FAMSA’s stall at the market. Lots of wonderful gifts and handmade products!
WHAT WE'VE BEEN DOING
We have been raising awareness and gaining community support for the roll-out of our MEN's and BOYS Programme, as part of our COUNT-TO-TEN campaign.

With our COUNT-TO-TEN Men's campaign, we will address issues of fatherhood, manhood, the rigid social norms of violence, and focus on men and boys in the fight against violence as we will explore the "MAN BOX".

Stay tuned for updates on this exciting new venture!

Social Worker Nombulelo Nokoane has also been briefing community members, SAPS and community leaders in Bloemspruit on FAMSA services and how we can assist families experiencing relationship or parenting issues.

HAPPY COUPLES DO

Go for an evening walk
Dine at a new restaurant in town
Explore a place you've never been
Cook together
Go to a concert

The Michelangelo Effect
Couples in the happiest relationships bring out the best in each other. They help each other get closer to becoming their "ideal" selves.

Remember the Time We Cracked Up Over ____?
In one study, couples who were asked to recall a moment that involved "shared laughter" reported being more satisfied in their relationship than those prompted to recall positive moments in their relationship.
FAMSA Projects

FACE OF FAMSA 2019
NEW YEAR, NEW FACES, NEW VENUE

FAMSA Bloemfontein launched the FACE of FAMSA project in MAY 2016 by choosing 12 local, ordinary families to participate and take a stand to build and maintain healthy relationships, representing one value each. This project forms part of our International Day of Families celebrations.

This year, each of the 12 families will receive a sponsored photoshoot by Professional Wedding and Lifestyle Photographer, Laurika van Straaten.

http://laurikaphotos.blogspot.com

FACE OF FAMSA CELEBRATES
HEALTHY FAMILIES

Contact Elaine or Hendrien at 051 5252395 or info@famsabfn.co.za

Only two weeks to enter!
* Terms and Conditions apply

FAMSA Projects

IDF 2018

IDF is commemorated on the 15th of May every year to acknowledge and appreciate the role of families in society. The family is the basic and natural unit of society, which plays a critical role of nurturing and caring for individual family members, from children, to youth, men, women, people living with disabilities and the older generation.

IDF stresses the importance of having healthy and happy relationships with one’s relatives.

Each year the UN puts forward a theme for the International Day for Families. This year (2018), the theme is: “Families and inclusive societies” and explores the role of families and family policies in advancing Sustainable Development Goal 16 in terms of Promoting Peaceful and Inclusive Societies for Sustainable Development.

Goal 16 advocates reducing all forms of violence, ending torture and combating all forms of organized crime and corruption. Goal 16 aims to promote inclusive institutions, equal access to justice, to end abuse, exploitation, trafficking and all forms of violence against and torture of children. It also aims to ensure responsive, inclusive, participatory and representative decision-making at all levels.
We hereby sincerely wish to invite you to support FAMSA Bloemfontein.

We are hosting a Golf day at Tempe Golf Club. The purpose of the Golf day is mainly fundraising but also to raise awareness of our services.

PLEASE TAKE NOTE THAT THE FAMSA GOLF DAY HAS BEEN MOVED TO 2 JUNE 2018 TO ACCOMMODATE INTERESTED PARTIES.

HOW CAN YOU GET INVOLVED?

1. Enter & play! Individual pointing system R 250 p.p. including lunch
2. Sponsor a hole, R1000 and help Families, 18A certificates can be issued.
   Display all your marketing material.

SEE YOU SATURDAY, 2ND JUNE 2018

DID YOU KNOW WE HAVE GENERIC OIL-BASED PERFUMES AVAILABLE FOR R50?

LADIES
Alien, Armani SI, Beautiful, Britney Spears, Bvlgari, CK, Coco Madamoiselle, D&G Light Blue, D&G The One, DKNY, Ellie Saab, Euphoria, Gucci, Hugo Boss, Issey Miyaki, J.Lo, Justin Bieber, Jimmy Choo, Lacoste, Lady Million, Marc Jacobs Daisy, Miss Dior, Narcisso Rodrigues, Black Opium, Paco Rabanne, Pleasures, Prada Candy, Tommy Girl, Versace Bright Crystal and many more

MENS
Allure Sport, Antonio Bandarasa, Aramis, Armani Aqua Di Gio, Armani Black Code, Azzaro, Bvlgari Aqua, CK One, David Beckham, DKNY, Dunhil Desire, Eros by Versace, Ferrari, Hugo Boss, Kouros, Lacoste, Polo and many more

NAME TRADEMARKS AND COPYRIGHTS ARE PROPERTIES OF THEIR RESPECTIVE MANUFACTURERS. WE DO NOT REPRESENT OUR "SMELL-LIKE" FRAGRANCES TO BE ORIGINAL DESIGNER FRAGRANCES. THE PURPOSE OF THE DESCRIPTION IS ONLY TO GIVE THE CUSTOMERS AN IDEA OF THE SCENT CHARACTER AND NOT TO MISLEAD.
FAMSA Focus

HANDS-ON-RELATIONSHIPS

In South Africa, the divorce rate is at an all-time high while the rate of marriages is declining (Stats SA, 2016). Many married couples live parallel lives, are locked in power struggles or are just simply coping.

What makes some relationships thrive... and others fail?

David Mace indicated that only about 5% of marriages reach their full potential. Gottman refers to the four horseman that basically predicts a break-up or looming divorce and how to stop them with their antidotes. John Gray highlights common mistakes men and women make in relationships.

The quality of your relationship with your partner is critical to your emotional well-being, happiness and physical health.

RESTORE YOUR LOVE. MAKE YOUR RELATIONSHIP LAST

Enroll in FAMSA’s 10 week group programme and rediscover the happiness and potential of being together as a couple.

* NOTE: The programme includes lectures, written exercises, practical exercises, practice of dialogue and communication processes. It emphasises partners privately sharing with each other and you will not be pressured into self-disclosure. Confidentiality is given high priority. Each participant receives a workbook for use during and afterwards.

INDIVIDUALS WHO WISHES TO BUILD THEIR RELATIONSHIP POTENTIAL ARE ALSO WELCOME. Exercises will focus on introspection.
FAMSA Opportunities

HAVE YOU BEEN ENJOYING OUR NEWSLETTER? ANY ARTICLE THAT HAS MADE AN IMPACT? YOUR FEEDBACK COULD WIN YOU A MUG!

Send a short mail with your feedback to info@famsabfn.co.za or director@famsabfn.co.za

Who knows, you might just be the lucky winner!

CLOSING DATE: 31 MAY 2018

Winner will be notified by mail.

FAMSA Word of Thanks

Thank you to THE EVENTS COMPANY for the opportunity to market our fragrances at the BATTLE OF THE SEXES event!

BATTLE OF THE SEXES - WITH SEXOLOGIST MARILET KOTZE.
NO UNDER 18'S
CHRISTELL - 0787910128

"EVERYTHING MEN HAVE ALWAYS WANTED TO KNOW ABOUT WOMEN, AND EVERYTHING WOMEN HAVE ALWAYS WANTED TO KNOW ABOUT MEN"

SESSION 3

FAMSA Leadership

THE IMPACT OF OUR SELECTIVE PERCEPTION HAVE YOU EVER TRIED TO READ A BOOK TWICE, BUT NOTHING GETS THROUGH?

You didn’t know what you were looking for. With no goal, nothing gets through.

In session 3, Lou Tice highlights the principle of cognitive dissonance and the significance of selective perception.

According to psychologist Leon Festinger, you can’t hold two opposite or contradictory ideas, attitudes, opinions or beliefs in your mind at the same time without experiencing dissonance – an uncomfortable state of disharmony within, when we become upset, tense or anxious. So when you have a firm belief or idea about something and somebody gives you an opposite idea, it upsets you.

Selective perception refers to seeing only what supports our beliefs, or what we think is significant, and locking out that which does not. Only what is important to you gets through. If there is no significance, it will not get through.

There could be resources right in front of you, to help you achieve, but if you don’t know what you are looking for, you haven’t made it significant in your life. You don’t think it is important. You can look right at it, and not see it.

TIP: Tell people the value of the information you are sharing ahead of time and why it is important to them. Make sure it gets through.

(excerpt of Lou Tice, The Pacific Institute, Investment in Excellence)