

MISSION

Familia's mission is to serve the Catholic Church by offering parish sponsored programs. Cana coaches mentor and train small groups that integrally form parents by helping them live their vocation to marriage and parenthood in all its fullness.

Fatherhood Program

Year 1: Men and Work

- Discover the true nature and meaning of work.
- See how our work aids us in becoming better men.
- Based on: *Human Work ...* 8 lessons.

Year 2: Fathers and Christian Marriage

- Live more deeply your vocation as a husband and father.
- Set and achieve goals that win success for your family.
- Based on: *Christian Marriage ...* 15 lessons.

Year 3: Fathers and Christian Faith

- Discuss the elements of an unchanging truth that we can count on to guide our decisions at work, socially, and at home.
- Frees us from confusion and complexities that often paralyze good men from choosing what is best.
- Based on: *Faith and Reason; Splendor of Truth ...* 15 lessons.

Year 4: Men and Faith

- Develop a greater confidence to make tough decisions.
- Secure a strong foundation for your family.
- Gain the peace of knowing your family has all it needs to thrive in our complicated world.
- Based on: *Vocation and Mission of the Lay Faithful in the Modern World ...* 8 lessons.

Mothers of Young Children Program

Year 1: Created to be Woman: Called to Authentic Feminism

- Explore the beautiful mystery of femininity.
- Live the feminine genius the world needs.
- Know Mary as a model of strength.
- Based on: *The Dignity of Women and Mother of the Redeemer ...* 15 lessons.

Year 2: God's Plan for Marriage and Family

- Deepen your love for your spouse.
- Learn effective communication with your children.
- Discover transcendent joy in your marriage.
- Based on: *The Christian Family in the Modern World ...* 15 lessons.

Year 3: Created to Know: Called to Prayer

- Find the way to bring balance into your home.
- Find the strength and peace given by God in prayer.
- Foster your children's ability to make sound decisions in a complicated world.
- Based on: *Prayer; from the Catechism of the Catholic Church ...* 10 lessons.

Year 4: Created to Lead: Called to Act

- Realize the fullness of your baptismal call.
- Discover how to motivate not only yourself but others.
- Live a more unified family life.
- Based on: *Vocation and Mission of the Lay Faithful in the Modern World ...* 8 lessons.

A Division of Cana Family Institute
www.canafamilyinstitute.com
763-391-0205



***For more information on these programs go to
www.familiausa.net or www.familiacanada.net***

Couple Program

Splendor of Love Unit I

- Learn more about John Paul II's Theology of the Body and the impact it has for our daily life.
- Build a life of deeper love and mutual appreciation based on a healthy understanding of human sexuality.
- Based on: *The Splendor of Love: John Paul II Vision for Marriage and Family*; chapters 1-6 ... 7 lessons.

Splendor of Love Unit II

- Set clear priorities that will strengthen your family and society.
- Experience the peace and happiness of uniting with your spouse in a single vision for your marriage and family.
- Based on: *The Splendor of Love: John Paul II Vision for Marriage and Family*; chapters 7-12 ... 7 lessons.

The Temperament God Gave You

- Understand and use the gifts God has given each person through their temperament.
- Improve your the relationship with your spouse, children and co-workers.
- Based on: *The Temperament God Gave You...* 8 lessons for teams of men, women, or couples.

THE PEACE
OF KNOWING
YOUR FAMILY
IS ON THE
RIGHT TRACK

