



Greetings,

I hope all is well for you and your family. This forms purpose is to connect your family by creating a schedule of activities to strengthen the foundation. Your family will feel more connected when they feel trust within the unit, each member can express themselves (their feelings being heard) and family members feeling that their point of view is understood. It is my hope that the stronger connected your family becomes, it will in turn strengthen your community, city, state and nation.

This is one of the many connection activities that will be shared during the "Struggle No More" ethics continuing education workshop. The Sutherland Center is looking forward to meeting and connection with you.



The Sutherland Center, LLC
Corporate and Counseling Services

Family Time from Four to Nine

The purpose of Family Time from Four to Nine is to establish a structured (schedule) and nurturing (family time) home environment that supports The Sutherland Center, LLC's mission in improving the overall quality of living for our clients by inspiring them to make healthier choices for themselves and their families.



Please complete the schedule below to display the daily Family Time Connecting Activities from 4:00 p.m. to 9:00 p.m. for your household.

SCHEDULE	CONNECTING ACTIVITIES
4:00 p.m. - 5:00 p.m.	
5:00 p.m. - 6:00 p.m.	
6:00 p.m. - 7:00 p.m.	
7:00 p.m. - 8:00 p.m.	
8:00 p.m. - 9:00 p.m.	

“Strengthening The Foundation For The Family”