

It's still technically spring until later this month and that's the perfect time to review the state of your relationship. Does your relationship feel healthy and hopeful? Have the cobwebs been swept away or the windows washed in your marriage? Or do you just need a little routine housekeeping to keep your relationship on track?

Ask yourself these questions to assess the areas to address: Am I doing my part—do I consistently create hope in our relationship? Am I working towards greater intimacy with my partner? What hidden issues, if any, need to be addressed before I move forward? Are you both committed to basic relationship upkeep? What negative interpretations or expectations consistently undermine the relationship? What can I do to cultivate healthy growth in my relationship?

Clear Some Space. Hidden issues and events from our past can crowd out present happiness. We all have some emotional dust bunnies and they only grow bigger with time. Sweeping them under the bed may work for a while, but eventually, you need to get rid of them. Are you finding those pesky

little bunnies surprisingly hard to part with? Don't be afraid to reach out to your Family Support Specialists or a professional counselor to help you understand why some of this debris is so hard to shake.

Empty the Trash. Bitterness reeks. True forgiveness isn't a masking agent; it is a cleansing agent. Use XYZ Statements with the Speaker Listener Technique to deal honestly with the pain. You need the wounding party to understand how and why their words or actions hurt you. But it takes a lot of forgiveness, applied regularly, to make any relationship work. Forgiveness is often hard to dispense, but it is liberating to both parties.

Take It to the Curb. After scrubbing your own heart as spick-and-span as possible, does your relationship still feel tainted? Are you in a relationship with someone who has difficulty cleaning his or her own emotional mess? When working to salvage your relationship be sensitive as to how you communicate these clean-up efforts to your partner. Make sure they understand

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School's Out!

By Christine Siefers

The kids are out of school and because of that they may have extra time on their hands. Do you need help finding things for them to do that fill up all the hours in a day? Help is here! Check out these great ideas for keeping the kids not only busy, but entertained and educated.

- Visit www.crayola.com to find thousands of printable coloring pages and craft ideas. There are ideas for outdoor games, too.
- Read a book together. If your kids are old enough you could take turns reading a book out loud to each other.
- On super hot days, go to Old Town Plaza or Riverside Park and splash around in the water.
- Pack a picnic lunch and sit in your backyard or visit a local park to eat.
- Visit the Keeper of the Plains. It's

especially dramatic at night when the cauldrons are blazing.

- Have a restless toddler on your hands? Go to www.toddlerstoddler.com for over 250 crafts, activities and games to help keep them occupied.
- Try www.atozkidsstuff.com for fun and educational activities for all ages.
- Check out www.wichitaonthecheap.com for great cheap and free deals right here in the city.
- June is a fantastic time to check out the free events going on at the library. Mr. Stinky Feet's Beach Party, SplishSplash or Didja Ever See a Fishy? are all going on this month.
- Great Plains Nature Center, 29th & Woodlawn (www.gpnc.org) has free walking trails and summer classes for the kids on wildlife and their habitats.

“Chains do not hold a marriage together. It is threads, hundreds of tiny threads which sew people together through the years.” ~ Simone Signoret

Father's Day is June 20 and it's not too soon to start thinking about how to let your dad know he's special to you. Here are a few ideas to get you going in the right direction (make sure you get permission or help from another adult before attempting any of these):

- Work with mom or another family member to make dad a special breakfast or cook a dinner that he loves.
- Give dad a one-of-a-kind card with your own personal artwork and a message about how much he means to you.
- Make dad a coupon book. Your booklet could include coupons for doing things to help dad out

like taking out the trash, helping to clean the garage and helping him wash the car.

- Give dad sole control of the television remote for an entire day.
- Is your dad a master at the grill? Decorate an apron with your hand prints or create any sort of masterpiece. You'll have to buy a canvas apron at a craft store and get some paint, too. Then you can let your imagination run wild. Don't forget to sign your creation.

Whatever you do for dad this year, make sure he knows how much you love and appreciate everything he does for your family.

Marriage for Keeps Word Search

C O M M I T M E N T E B S O O T C O I T O I E B B	Speaker Listener Technique
O H G K E L O V E S T Y L E S G E C S B O I C L I	The Floor
K I M E M O T I O N A L S A F E T Y E G I O N S I	Timeout
B D W I G N I P P A M D A O R L A N O S R E P M P	Decide Don't Slide
E D C O O E K S L I B O E X M L L G K E G K T O H	Do Your Part
R E L A X A T I O N M T O N O I T A L A C S E S Y	Make if Safe to Connect
G N S T E E G I K B E K T E M M O E T I O K O E S	Emotional Safety
I I M T C E N N O C O T E F A S T I E K A M P I I	Commitment
B S C T E I O O E O E S X K E I V M C K M T R T C	Physical Safety
T S L I S K E E N C O U R A G E M E N T O D O I A	Love Styles
K U K E D I L S T N O D E D I C E D T X I O B L L	Personal Road Mapping
O E H G S S O I I E K M O N T X E T P C K Y L A S	Hidden Issues
T S T T I N V A L I D A T I O N K T A B O O E N A	Escalation
E C S T L X X T K M I E K E L B U B R X O U M O F	Relaxation
I I O L S W O P T K R B L K E X O F A X K R S S E	Negative Interpretations
O S O C O I K E E P T O X S T G I X P L I P O R T	Fun
T I M E O U T M R I D I E R M X E B H T T A L E Y	Invalidation
H S E O E K I E Q O C D O B G M E B R O E R V P T	Paraphrasing
E O O M L E T E I G O P G E O K T C A O K T I I M	Problem Solving
F S K B I A M L O B P C O C L T S X S O O K N O T	Support
L T E E T B K T I U G E C O M M U N I T Y E G M O	Encouragement
O B T I K K O G S E T I K I C M L T N S I I O E E	XYZ Statement
O O O L E X P E C T A T I O N S O L G O B M O G E	Expectations
R N O K T K O O B G S T N E M E T A T S Z Y X L E	Personalities
S P E A K E R L I S T E N E R T E C H N I Q U E I	Community

If you've forgotten how to use these tools and skills, reconnect with your Family Support Specialist and get back on track! Call 264-8344
 Angie, ext. 327
 BreAnn, ext. 335
 Jammie, ext. 342
 Ashley, ext. 342

Upcoming Events

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 MfK	2	3	4	5
6	7	8 MfK	9	10	11	12
13	14	15 MfK	16	17	18	19
20	21	22 MfK	23	24	25	26
27	28	29 MfK	30			

JUNE EVENTS

Marriage for Keeps

Starting June 1st, we will begin a new set of Marriage for Keeps Classes. They will be held at the Garden City Community College, in the Endowment Room. Supper will be provided at 5:30pm, and classes will start at 6pm.

Call Brooke

272-0010

to reserve your spot

Spring Cleaning

(continued from page 1)

you are working to uncover the beauty of your relationship, not trying to scour it of every perceived imperfection. No relationship is perfect and no person is untouched by human weakness.

Apply Some Paint and Polish.

Don't just pick at the flaws in your relationship. After you have stripped away any unhealthy debris, safeguard your relationship by giving your partner sincere praise, attention and affection. Your partner may feel vulnerable and scrutinized by the cleaning process, so be sure they feel that renewed commitment to the relationship. The primary purpose of emotional "spring cleaning" is not disposal, but preservation of everything good, true and lovely in a relationship. Utilize your partner's Love Style to communicate

your commitment to the relationship.

Build Something New Together.

Spring is a time for new life and renewal. Don't just tidy up your relationship; build on it. Find new ways to invest in your partner and your relationship. No matter how many years you have been with your partner, you can always explore new dimensions of your relationship. Try a new activity together, splurge on a shared dream, or simply make an effort to build your partner's sense of self-worth. Investing in your partner is an investment in your shared life together.

Every good relationship requires regular upkeep—devote some time this spring to an honest assessment of your current situation and to building a healthy future together.



Marriage for Keeps Announcements

Marriage is not a noun; it's a verb. It isn't something you get. It's something you do. It's the way you love your partner every day. BARBARA DEANGELIS

Marriage for Keeps Staff:

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Mike Houser, LMSW, AAPS

Kelly Houser, LBSW

H. Alex Chavez

Lea Ann E. Seiler

Isabel Aguilera

Michael Zuniga

Lilianna Zuniga

MARRIAGE FOR KEEPS 10-WEEK WORKSHOP

STARTING TUESDAY JUNE 1 6:00-8:00

at Garden City Community College

Provides couples quality time together to learn great ways to strengthen their marriage

Includes evening meal starting at 5:30

\$50 in gift card All at no cost

Make your reservation today! 620-272-0010



Having Fun Together

"There are studies that show that when people feel more positive emotions, their thinking is sharpened, they solve problems better, and are more confident as they approach what life throws their way. Doing fun or active things can boost positive emotions and help us be more effective in overcoming challenges. Regularly doing the upbeat, fun things that boost positive feelings will lead to better day-to-day coping." PREP- Within Our Reach



marriageforkeeps-ks.org

catholicsocialservice.org

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