

WINTER BREAK

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CALFAM CLOSED

CalFam is closed and will re-open Jan. 2, 2008. I will be unable to pick up telephone messages until then! Thank you all for being conscientious about calling to re-schedule appointments this past year.

PARENTS

The holidays can be overwhelming for children- there's a lot going on. When *you're* calmer, it's easier to keep the kids on a more even keel. Try including them in some of the preparations. Let them know you value their opinions even though you may not use their suggestions. Looking at the big picture can help you to side-step some of the verbal arrows.



FAMILY GATHERINGS

This is the time of year when family looms large, and that might not be something you look forward to. You can read what ethics commentator Michael Josephson has to say about that below.

Me, Myself & I

You are who you are. So, who ARE you! Are you trying to change who you are? Do you like who you are? Find a quiet moment and fill in the blanks:

1. I am _____
2. I am _____
3. I am _____
4. I am _____
5. I am _____



It might be your name; your occupation; your hobby; the kind of person you are. Are you a good driver? A parent who tries? Misunderstood? An artist? Do as many as you can and take a look at your list. It will help you really get to know who you are.

Take care-

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MFT intern working under supervision

Be the change you wish to see in the world.
- Mahatma Gandhi

Making the Best of Family Relationships

For most of us, there's something both wonderful and worrisome about large family gatherings. On the good side, we often can experience real pleasure in spending time with relatives with whom we have so many common memories of people and events.

What's more, being with parents, siblings, and cousins who've known us since childhood often helps us see ourselves more clearly, without pretensions or illusions of self-importance.

Finally, shared family history and the ties of blood and marriage can create a tribal sense of identity and belonging that is comforting.

Yet few families avoid the rifts and feuds caused by unpaid loans, unreturned favors, unfulfilled requests for help, broken promises and, most of all, careless or cruel comments or gossip. Although we think we should love everyone in our family, we often don't. In fact, many of us have to struggle against the wisdom of the old adage: "familiarity breeds contempt."

But in a world so filled with throwaway and transitory relationships, we should more highly prize the stability and strength of family ties. In dealing with family, we have a greater, not a lesser, obligation to avoid unkind, insensitive, and hurtful remarks that can spawn resentments and grudges. We need to monitor the tendency to feel competitive or envious and, instead, take real pride and pleasure in the success of any family member.

Some of your most enduring and endearing friendships will come from your family.

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