



Our Monthly eNewsletter: December 2016

Welcome to this year's last eNewsletter. We sincerely hope and pray that you are blessed with a safe, secure, and joyful Christmas season. May you also have lasting positive memories together with your friends and family. From everyone here at the Center for Human Development, God bless you and Merry Christmas!

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Making Memories

"Christmas is a day of meaning and traditions, a special day spent in the warm circle of family and friends" -Margaret Thatcher

The concepts of *happy memories* and *traditions* are discussed during the holiday season more than any other time of the year. Whether you are a Christian who celebrates the birth of Christ, if you're Jewish and celebrate Hanukkah (a celebration of the rededication of the Holy Temple), or someone who does not observe the religious aspects of this *most wonderful time of the year*, creating happy memories and traditions are very important to your overall well-being. You do not need to be a researcher with a PhD to know that having happy memories from family traditions makes a positive impact on your life.

With today's automated technology that seems to be increasingly common, e.g. Siri – Apple, Cortana – Microsoft, and Alexa – Amazon, I decided to test Google's response on my phone. I asked Google, "Okay Google, why are family traditions important?" Here was Google's response: *"They provide a source of identity. Traditions and rituals often tell a story about a family. On the macro level, traditions can teach children where their family came from or give them insights into their cultural or religious history (e.g. eating tamales on Christmas Eve to celebrate your Mexican heritage)".* I was surprised and shocked by this definition and I wondered how Google could come up with such a solid response.

It seems to make sense that our identities are closely linked to our families and their traditions. I would go further and say that if a family goal is to raise happy and emotionally healthy children, then one very important way to do this is by having specific family traditions that communicate your family's story, who you are, where you came from, and what you believe. This will go much further in producing healthy identities and emotionally healthy kids than making sure you have the best, biggest, brightest, and the most presents under your tree this year. In fact, Marshal Duke, PhD, *has found that children who have an intimate knowledge of their family's history are typically more well-adjusted and self-confident than children who don't.* *

[*The Art of Manliness](#)

1. Regular Contact – Research shows that when families have regular contact with one another, the likelihood of children abusing substances, committing crimes and being violent towards others, decreases.
2. Have a family memory jar – Get together with your family, share memories of good times. Write them down and put them in a jar. If you do this throughout the year, than you can pull them out next Christmas and share the good times again.
3. Have a game night – Families that play together, stay together. Nothing builds intimacy better than playing together. Except for maybe praying together.



Save the Date: Feb. 25, 2017

Are you still in need of a Christmas present for a loved one or spouse? Buy the gift that keeps on giving, tickets to Center for Family Development's Annual Marriage Conference.

The conference will be on Saturday February 25, 2017 at Highland Community Church in Wausau, WI. Featured presenters will be Dave and Ann Wilson. Dave Wilson is the Chaplain for the Detroit Lions, Lead Pastor of Kensington Community Church, (a 6-campus church that welcomes more than 14,000 visitors every weekend) and Hall of Fame college quarterback.



Ann Wilson is a mother to three grown sons, a national speaker, and someone who knows how to balance home life and professional ministry. The Wilson's are known nationwide for their practical, humorous, and uplifting presentations; infusing relationships with the Word and wisdom of God for over 30 years. [For more information or to register.](#)

Online Survey

Do not forget to complete our survey and be automatically registered in a **drawing** to win two tickets for free admission to our annual marriage conference.

Drawing on Feb. 6th, 2017

[Take Survey](#)



Meet our Staff: Nicholas LaFonte

Please join us in congratulating Nicholas LaFonte for obtaining his certification as a Licensed Professional Counselor (LPC) in August of 2016. It is a milestone accomplishment to complete the required 3,000 hours of clinical practice and work under training/supervision all within 4 years, in order to become an LPC. Everyone here at CHD is very proud of your achievement. Keep up the good work, Nick.

When asked about his counseling philosophy he states, "For me, counseling is a process of transformation, leading to change, life satisfaction, and living life to the fullest. No matter who I work with, I seek to be a guide in that process and see people live their lives to their fullest potential." Nick sees clients in our Wausau location. [Check out Nick's full Bio](#) and make an appointment today.



Counselor's Corner

Please check out our most current blogs. Our blogs will give you some very practical tools you can begin using in your life and all of your relationships right away.

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