



Strengthen Family Life in Your Community

Sponsor



Strengthening Relationships... For a Lifetime

415-492-1022
community@familyworks.org
familyworks.org



Your Sponsorship Provides

Timeless Wisdom . . . Innovative Methods

APPLE FamilyWorks is a 501(c)(3) non-profit agency devoted to serving the community with **affordable, integrative, research-based services** that compassionately provide clients with the life skills needed to nurture healthy relationships and personal growth.

Since 1978, we have been offering a full range of prevention, transition, crisis management, and renewal and growth services to increase well-being for individuals, couples, families, groups, children, teens and adults.

- We provide positive, practical, and effective tools
- We acknowledge each individual's full humanity
- We value integrative body-mind health practices
- We honor the culture and systems in which each person lives
- We guide our clients in attaining their social-emotional health goals



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Therapy and Life Skills Services

Parents, children, families, and individuals of all ages who are experiencing conflict, crisis, transition or distress benefit from our counseling, education and support services.



Classes

Parenting
Co-parenting
CPR
First Aid



In-home Services

for adults and
parents with
developmental
disabilities



Support Groups

for expectant and
new mothers and
their infants



Supervised Visitation

and reunification
services for children
and their parents



Therapy & Life Skills

for families and
individuals of all
ages



Childcare Consultation

for pre-school and
childcare center
staff



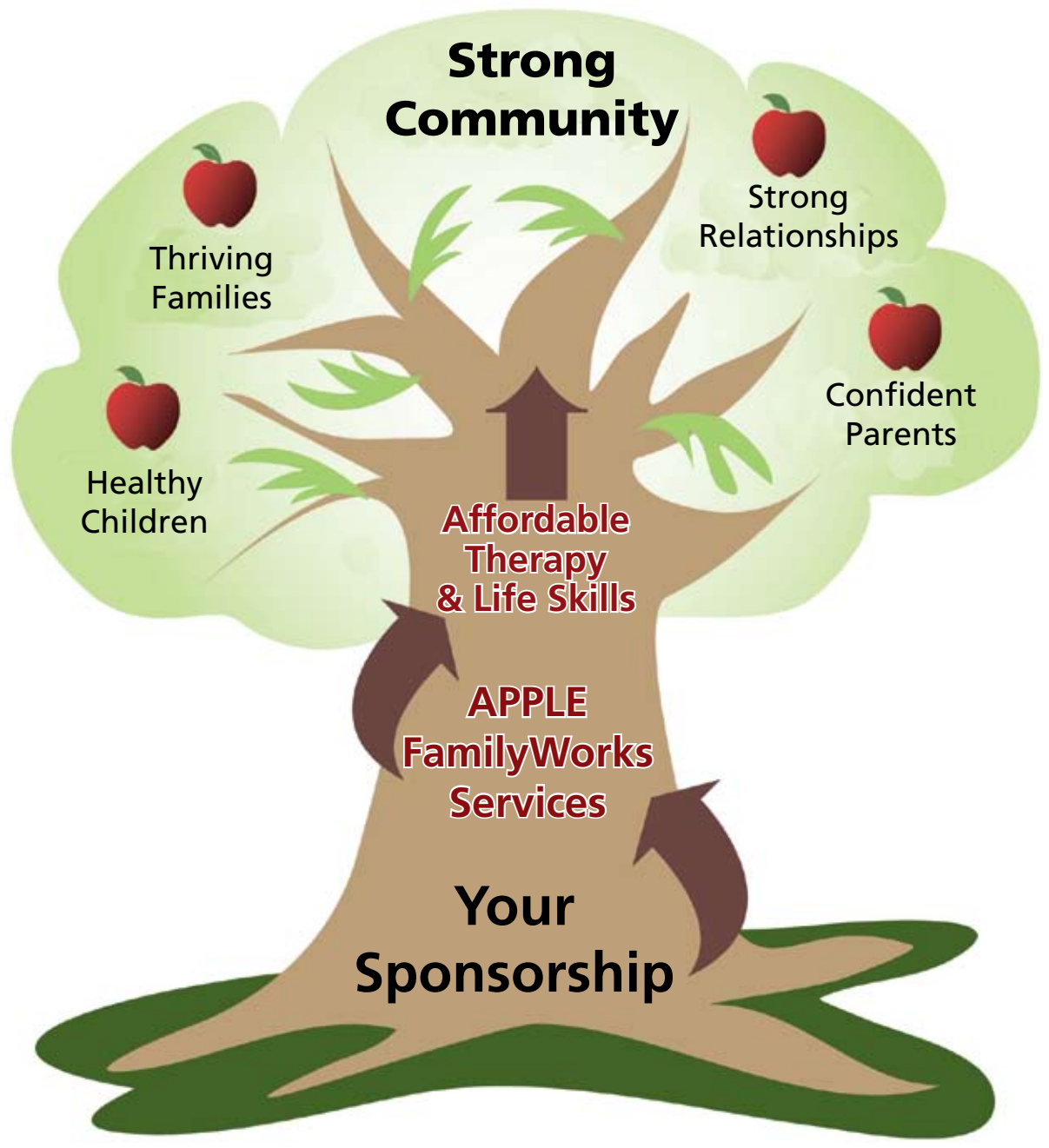
FamilyWorks Magazine

a free resource that
local parents trust



Online Education

our website
provides much
needed support
and information



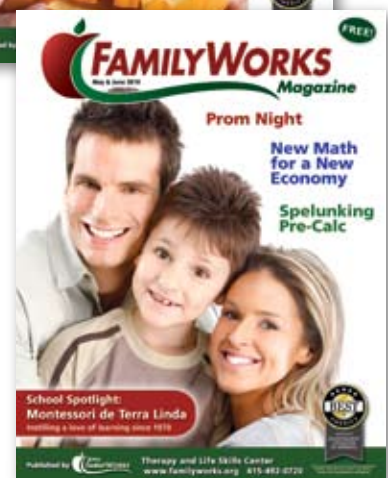
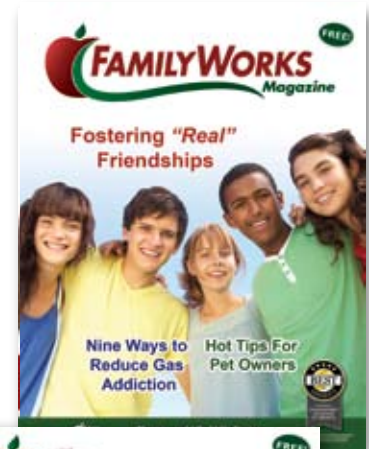
Sponsorship Benefits

- Provides cost-effective promotional investment
- Brands your business as “family-friendly”
- Secures your reputation as a valuable community member
- Gives you extended multimedia outreach influence

- Your sponsor message in



- 60,000 loyal readers
- Targeted to reach parents
- Motivated middle-to-high income readership
- Free home delivery through U.S. Mail and 5 community newspapers
- 99% pick-up rate at over 100 prime locations
- Free online ad presence
- Published by parenting and relationship experts



Sponsorship Acknowledgment

\$500 or more: Your logo is placed on the FamilyWorks Magazine page of the APPLE FamilyWorks website, linked to your website and a **1/6 page** message in each issue of FamilyWorks Magazine for a year.

\$1000 or more: All of the above, PLUS your logo on the APPLE FamilyWorks website home page and a **1/4 page** message in each issue for a year.

\$1500 or more: All of the above, PLUS your logo featured prominently on-screen at all Film Night in the Park events and a **1/3 page** message in each issue for a year.

\$2500 or more: All of the above, PLUS your logo, linked to your website, on all APPLE FamilyWorks e-notes, which go out 4 times per year and a **1/2 page** message in each issue for a year.

\$5000 or more: All of the above, PLUS a **full page** message in each issue for a year.



Caring is the New Smart!
By Donna Delbert

What do you want for your child? It's a universally pondered question. From the first glimmers of pregnancy through tumultuous toddlerhood all the way through the jam-packed years of school, moms and dads have plenty of time to consider the traits they want to cultivate in their kids. And if you had to predict the typical parent's wish list, you might readily assume: "Healthy and happy." Intriguing, but what would come next? Parenting expert Michele Borba, Ed.D., says the answer might not be what you'd expect.

In the new "Days of Motherhood Survey" Borba conducted in conjunction with Parents Magazine, 2,140 mothers rated the top ten traits that they'd like their own children to possess. The participants were asked to rank traits that ranged from spiritual and secure to moral and confident. Results of the study were more than a little surprising.

Here are the top traits, in order of the percentage of moms who rated them as very important:

Trait	Percentage
Healthy	98
Happy	97
Secure	95
Caring	94
Confident	84
Resilient	66
Smart	65



ROYGBIV The Color of Health
By Phyllis Korman

Why is it important to eat lots of different colored fruits and vegetables? Because each colored vegetable and fruit has unique properties and there is growing evidence that there are interactions between the colors that are beneficial to your health. Eating by the rainbow (ROYGBIV) is the first step of each color of the rainbow! It's vitally important to your overall health.

How do you incorporate these fruits and vegetables into your daily eating habits? Remember that you need 4-8 cups of vegetables and fruits a day for good health. Make sure at least half of your vegetable servings. Don't forget that juicing can incorporate many colored fruits and vegetables and may be a good choice for those who may not be able to eat some fruits and vegetables. Here are some simple recipes for you to get you started.

Breakfast
An orange, 1/2 red pepper, 1/2 onion, 2 whole strawberries, 2 slices garlic. Add 3 eggs, half green tomatoes (from an heirloom) and 3 eggs. Cook until eggs are done and serve.

Lunch
Spinach salad topped with black olives, cherry tomatoes, cucumber, green onions and cauliflower. Add 1/2 cup of raisins and 1/2 cup of walnuts. Dress with a 1/2 cup of olive oil and 1/2 cup of vinegar. Sprinkle with salt and pepper. Chop and mix.

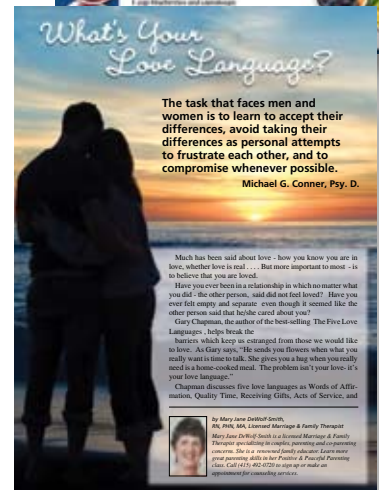
Dinner
Grilled fish or chicken breast on Maui onion and brown rice garnish. Citrus sauce with garlic, shallots, onion, and butter. Baked potato, baked beans.

Snack
1 cup of raisins and 1/2 cup of walnuts.

Breakfast
Banana bread with 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour.

Lunch
Turkey sandwich on whole grain bread with green onions, cucumber, tomato slices, avocado and grated carrots. Serve with a 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour, 1/2 cup of whole wheat flour.

Dinner
Pasta primavera made with spinach, ricotta, sautéed of peppers, onions, garlic, shallots, tomato, and whatever else is in season.



What's Your Love Language?
The task that faces men and women is to learn to accept their differences, avoid taking their differences as personal attempts to frustrate each other, and to compromise whenever possible.
Michael G. Conner, Psy. D.

Match has been said about love... how you know you are in love, whether love is real... But more important to know... is to believe that you are loved.

Have you ever been in a relationship in which no matter what you did - the other person... said did not feel loved? Have you ever felt angry and separate... even though it seemed like the other person said that he/she cared about you?

Gary Chapman, the author of the best-selling *The Five Love Languages*, helps break the barriers which keep us estranged from those we would like to love. As Gary says: "It's only you figures when what you really want is time to talk. She gives you a hug when you really need a home-cooked meal. The problem isn't your love, it's your love language."

Chapman discusses five love languages as Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch.

By Mary Jane DeWitt Smith, M.Ed., Licensed Marriage & Family Therapist
Mary Jane DeWitt Smith is a Licensed Marriage & Family Therapist who works in the public, community and corporate settings. She is a *Married Family Advisor*. Learn more about her at www.marriedfamilyadviser.com. Call 415-492-1022 for more information or contact her at maryjane@marriedfamilyadviser.com.



SPONSORSHIP AGREEMENT

YES I want to build strong families and help them thrive!!!

Please complete this agreement and mail or fax to APPLE FamilyWorks - 4 Joseph Ct., San Rafael, CA 94903, (415) 492-1099.

Sponsorship Amount:

- \$5,000 \$2,500 \$1,500
- \$1,000 \$500 Other _____

Benefits to Sponsor - APPLE FamilyWorks will acknowledge below-named sponsor as detailed on page 6 of this kit.

Sponsor's Name: _____ Contact: _____

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Sponsor:

Authorized Signature: _____ Date: _____

Print Name: _____ Title: _____

APPLE FamilyWorks:

Authorized Signature: _____ Date: _____

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Your generous support of...



helps us support

- parents
- families
- individuals of all ages

with the vital services they need!

Thank You!



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