



**April 27, 2019**

**6<sup>th</sup> Annual Family Symposium**

ISLAMIC CENTER OF RIVERSIDE

1038 W Linden Street

Riverside, CA 92507

**Program**

4:00PM - 4:05PM Quran Recitation

4:05PM - 4:15PM Welcome and Opening

**4:30PM - 5:30PM Family Discussion 1: Collaborative Compassionate Communication**

This session's purpose is to enhance collaborative communication among family members. For the family to grow together, they need to develop compassionate collaborative communication that allows each family member to share their intrapersonal and interpersonal transformation freely without judgment.

Speakers: Mr. Christopher Morton & Mrs. Sakeena Mirza

Location: Prayer Hall

**5:35PM - 5:45PM Asr (Afternoon) Prayer**

**6:30PM-7:40PM Workshop**

<p><b>A. Youth Session: Developing Healthy Dialogue</b></p> <p>In this session, the youth will be discussing current societal issues that affect everyday life, including exploring methods and techniques to use when discussing these issues with their parents. The objective is to open the lines of communication between youth and parents and provide a path to achieving a healthy and respectful dialogue.</p> <p>Facilitated By: Youth Location: Multipurpose Room</p>	<p><b>B. Adult Session: Developing Healthy Dialogue</b></p> <p>In this session, the parents will be discussing methods and techniques to develop and maintain a healthy dialogue with their children, resulting in the creation of a safe space for their children to participate and feel comfortable to speak freely.</p> <p>Facilitated By: Mrs. Sakeena Mirza Mrs. Lisa Everson Location: Prayer Hall</p>
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**7:40PM-8:30PM Maghrib Prayer, Dinner & Visiting Vendors**

**8:30PM-9:30PM Family Discussion 2: Maintaining Meaningful Family Dynamics**

The different personalities found within a family can be very dynamic. Family members who are supportive of each other are an essential part of the family development. The family's emotional well-being can be fostered through collaborative empathy and compassion to each other. Maintaining healthy and meaningful relationships is critical in all stages of family life.

Facilitated By: Parent, Mrs. Sakeena Mirza, & Mr. Yamin Mazumder

Location: Prayer Hall

**9:35 Isha Prayer & Closing Remarks**