

## WFWP Philippines successfully culminated Domestic Peace Education Program

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On November 14, 2021, WFWP Philippines successfully culminated the Domestic Peace Education Program, a project sponsored by WFWP International. The program was held in Caloocan City, Metro Manila. The program's aim was to help improve the couple's relationships through the module titled "Gabay Kay Nanay" (Guide for Mother). This is a 12-week long module that mothers or wives attend and they partake in weekly activities meant to deepen their relationships with their husbands. There were a total of 27 mothers who completed the module and graduated from the program.

During the graduation celebration, a short program was prepared for the graduates which included the distribution of T-shirts, heartfelt messages from the President of WFWP Philippines, officers and the project head, as well as the distribution of a Certificate of Completion and an interactive game to liven up the atmosphere.



Barangay Councilor, Gloria Asaral Arellano of Caloocan City also delivered a special message saying that mothers must learn to take care of themselves despite having a big responsibility. Mothers must also become stronger to become a solid pillar for their children. She also shared that the secret to long-lasting love between husband and wife is overcoming the problems together, not alone. Barangay Councilor

Arellano was given a "Certificate of Appointment" as the City Leader of Caloocan for WFWP Philippines.

A few testimonies from couples who have finished the modules were also shown through a video presentation. There were three couples who received tokens of appreciation as winners of the video competition on module 9: puzzle making together with their husbands. To make the event even more exciting, the raffles were drawn at the end of the program.

Participants of the event sang the song "If We Hold on Together" at the end with utmost joy and gratefulness in their hearts. Graduates of the program felt a deeper sense of connection with their partners and gained confidence in knowing that they are not alone in facing the upcoming challenges at home.

This was the Phase I Education. We are planning to move on to Phase II: Couple Education and Phase III: Children in their Family (Youth).

Here are some reflections and lessons learned shared by the participating mothers of this program:

-The center of family relationships must be God, or else there is a limitation to love.

-The module has given them the opportunity to improve their relationship as husband and wife and relationship with their children through simple acts of kindness and humility from one another.

-As a mother, being resourceful is very important to give support to their husband and children especially in financial matters.

-Communication is a crucial aspect of family, if they don't have proper communication, misunderstanding may overtake and affect the perceptions towards one another.

-Parents must do their best in treating each other the best way they can because children are the first people to see them and what they do will be imitated by them. As a parent, we must do our best to become a good example to our children so they will grow as good people.

-Always do your best in maintaining a good relationship with your partner - no matter what problems may come, we should always choose them over problems that hurt us.

-The love between husband and wife and parent and child must always be present at all times at home and wherever we are, no matter how far you are from each other.

-Even the simple act of serving your husband can be a reason to strengthen your relationship and reignite their love from one another.

-If we don't take good care of our relationship as husband and wife, the first one to suffer is the children.

-Pride and anger shouldn't have a room inside our homes, once we let them in, it destroys the relationship and affects our decisions.

