



National Alliance of Faith and Justice

NAFJ

Strengthening Marriages, Families & Communities

Presenting
Rev. Dr. M. Jeanne Dolphus Cotton
National Facilitator
for Training and
Technical Assistance (T/TA)



"I am convinced if I had not had a wife with the fortitude, strength, and calmness of Coretta, I could not have stood up amid the ordeals and tensions surrounding the Montgomery movement."

– Dr. Martin Luther King, Jr

A National Alliance of Faith and Justice Taskforce Initiative

Dr. M. Jeanne Dolphus Cotton

National Facilitator



Author of "Getting IT Together: Strengthening Marriages, Families and Communities Program."

Dr. M. Jeanne Cotton presenting live in Jefferson Parish Police Church Task Force Initiative on Crime and Criminal Justice

Dr. M. Jeanne Dolphus Cotton is a positive woman who refuses to allow economic conditions to dictate her goals in life. She is an innovator and change agent in education towards meeting the needs of the whole person. She is the founder and CEO of Trinity Universal Center, Inc., for Positive Youth, Family and Personal Development.

Dr. Cotton is the author of "Strengthening Marriages, Families and Communities Program." She serves as the National Facilitator for Strengthening Marriages and Families for the National Black Church Task Force Initiative on Crime and Criminal Justice.

Dr. Cotton's Trinity Universal Center offers an array of activities and programs for the entire family in developing personal growth. Along with M. Jeanne Dolphus Cotton & Associates, the following services are available: counseling, lectures, workshops, support groups, relaxation therapy and the Saturday Youth Institute.

Dr. Cotton's 33 plus years of experience as an educator, administrator, personologist and counselor has allowed her natural personality of humor to entertain her audiences as she teaches and counsels. She is a very proud woman who knows who she is and where she is going. She radiates this in her very being and insists that those around her do likewise.

In so doing, she teaches that we must impress the subconscious to attract that which we desire. Her theme is "Good Life and Good Living." Wherever she goes people listen, remember what she has said, and invariably test the information against their individual day-to-day living, in order to and reap the prosperous results. In addition, Dr.

Cotton is regarded as an innovator in the fields of Human Resource Development, Management Leadership, Goal Achievement and Personal Development, bridging the gap between sacred and secular living and mere existing and abundant living. She has been dubbed "the Miracle Worker," for the results she gets from working with youth.

Dr. Cotton is an advocate for high school retention. She developed and conducts an alternative dropout prevention program: "You Can Turn It Around," for several school districts. She presents a profound, positive approach in aiding students to become emotionally mature in dealing with not only the pressures of school, but with life itself.

Through a partnership with the College of Lake County, she has received grants from the prestigious Kellogg Foundation and the Chicago Foundation for Women.

Trained and degreed in the following disciplines: B.A., Education; M.S., Counseling; Ph.D., Psychology and M.T.S., Theological Studies, and post graduate work in Marriage and Family Therapy and Hypnotherapy.

Dr. Cotton mostly refrains from lengthy discussions that address her academic letters. However, one thing she will eagerly discuss is her pride in being the mother of six, grandmother of thirteen, great grandmother of five and affectionately called "Granny." She is the author of "Getting IT Together... You... Your Contributions" and "Getting IT Together...You...Life ...and Living." Also, she is the author of several inspirational and motivational programs which are widely used.



Getting IT Together

Strengthening Marriages, Families and Communities Program

“Getting IT Together” is a profound positive approach in aiding individuals to become emotionally mature to deal, not only with daily pressures, but with life itself. The design is intended to provide individuals with a keen sense of self-esteem, self-confidence, self-motivation, and with the interpersonal skills necessary to cope with their personal, family, and lifetime needs.

Narrative

The “Getting IT Together: Strengthening Marriages and Families” is a faith-based volunteer program. It is designed to assist faith-based and community organizations in building, encouraging and supporting healthy marriages, stronger families and safer communities.

It is a 48 weeks program divided into six eight week modules of two hour sessions per week.

Concept

Strong and healthy families begin with strong and healthy individuals. Therefore, to strengthen families the initial focus should begin with the individual. Strong individuals beget strong relationships which produce strong family units, thus producing healthier, safer and more productive communities. From this concept comes the “Getting I Together: Strengthening Marriages, Families and Communities” program.



Philosophy

If individuals are aided in changing their inside (thinking, beliefs), they will change their outside (environment). Changes in thinking, belief and attitudes, most certainly bring about changes in behavior.

Goals

1. To aid in the strengthening of healthy individuals
2. To aid in the building of healthier, solid relationships
3. To aid in healthier, better developed marriages
4. To have happier more loving families
5. To build safer more productive communities

Curriculum

The central focus of the curriculum and related materials is the building, rebuilding of the foundation upon which the family and community is built ... the individual.

Six major areas of focus are broken down into the following: The Individual “You,” the Relationship, Marriages, Family Dynamics, Parenting, Manhood/Fatherhood.

Getting IT Together

Strengthening Marriages, Families and Communities Program

A + U + A = QR
Awareness + Understanding + Application = Quality Results

Module 1:

The Individual “You”: This is the core module of the program design for individual assessment and discovery. The facilitator will be trained to present profound, positive techniques in aiding individuals to become emotionally mature to deal with, not only daily pressures, but life itself. The design is intended to provide individuals with a new sense of self-esteem, self-confidence, self

motivation, and with the interpersonal skills necessary to cope with their personal, family and lifetime needs.

Module 2:

Anatomy of Relationships: This is the foundation upon which or from strong families and healthy parenting comes. The facilitator will be trained to explore building blocks of relationship, communication skills, levels of commitment, issues, strengths and weaknesses that occur.

Module 3:

Healthy Marriage: Facilitators will be trained to assist individuals to explore issues and situations as they strive to understand self, relations with others, future interrelations in marriage, and the subsequent intra-relationships of family and the society.

Module 4:

Family Dynamics: The facilitator will be trained to define and explore family types, dynamics, cohesiveness as well as day-to-day issues. Family structure, roles, guidelines, goals, togetherness, and oneness are assessed as well.

Module 5:

Manhood/Fatherhood Mysteries: The facilitator will be trained to explore, define and build models of manhood/fatherhood. Identify common issues seen by men as impediments to them in being a positive family member. This module explores: a. tools to be used against identified



impediments; b. how to build a positive male-female relationship; and c. explore necessary partnerships in developing the family unit.

Module 6:

Parenting: The facilitator will be trained to present a variety of parenting skills, ideas and strategies for parents to use to develop positive and productive youth.

Materials

Materials are presented on DVDs and workbooks. The approach is that of team facilitation. The trained facilitator is instructed through the facilitator guidebook how to aid in the presentation of the DVD.

The DVD assures the intent of the material, thus insuring the in-house facilitator is not overwhelmed with the bulk of material or presentation style.

Weekly Sessions

The weekly sessions are the heart of the program. Participants meet weekly with the facilitator to cover the



"Good parenting skills nurture a child's confidence."

Ask us about customizing a "Getting IT Together" program for your organization

curriculum, discuss personal and/or family problems. The facilitator encourages the participants to share ideas, questions, problems and solutions.

The sessions employ a dialectical method of seriousness, humor and action-oriented, therapeutic situations as a process of transformation. The participants are empowered to discuss, investigate and understand critical issues under the competent and structured guidance of the facilitator.

"Six steps to rebuilding the foundation upon which family and community are built –

*The Individual "You,"
the Relationship,
Marriages,
Family Dynamics,
Parenting and
Manhood/Fatherhood."*



"Strong individuals beget strong relationships..."

National Alliance of Faith and Justice PO Box 77075, Washington, DC 20013-7075
Office: 703.765.4459 Fax: 703.765.9761 nafj2000@aol.com www.nafj-nabcj.org

Regional Partners and Affiliates



Dr. M. Jeanne Cotton
National Facilitator
Trinity Universal Center
Waukegan, Illinois

Ms. Theorius Hickman, MSW, Facilitator
NAFJ Family and Fatherhood Institute
Washington, DC

Dr. Steve McCoy, National Facilitator
Beaches Chapel Church
Neptune Beach, Florida

Ms. Kay Coulson, President
n-A.C.T.I.O.N Family Network
Los Angeles, California

Bishop Gerald O. Glenn
Auxiliary Bishop
Churches of God in Christ
Richmond, Virginia

Rev. Roosevelt Ewell
Connecticut Black Church
Taskforce Initiative on Crime
and Criminal Justice
Norwalk, Connecticut

Dr. Roger Green, Sr.
Metrolina Apostolic Network
Charlotte, North Carolina

Dr. Grady Scott, General Secretary
National Baptist Convention USA, Inc. PMCJC
Tucson, Arizona

Bishop Henry Hearn, Sr.
Kingdom Builders of Antelope Valley
Lancaster, California



Ask us about “**To Serve This Present Age: Reentering Through Faith**” a DVD available through our media campaign. The DVD provides training and technical assistance in the areas of marriage and family strengthening.