When Family Conflict Arises: How to Cope During COVID-19

by Patricia McGarry, PhD, LSW

Valley Youth House, Senior Vice President Prevention, Child Welfare, & Children's Behavioral Health Services

BETHLEHEM- These are challenging and scary times and everyone is impacted in some way. For many, this means work from home and online schooling. For others, it means more time being together in close quarters. Because of the close proximity of family members

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due to stay-athome orders, a very common and troubling occurrence is increased conflict in the home. It could be conflict between partners or spouses and/or between children. And the impact of this conflict can be potentially devastating to all involved.

At Valley Youth House, we're no stranger to conflic

stranger to conflict. In fact, we are uniquely prepared for it. Our Intervention Programs measure their success by this key performance indicator: Reduction of Conflict. To help people cope with these uncertain times, we would like to offer some perspectives and tips on dealing with conflicts that may arise.

Many of the vulnerable youth and families we work with have experienced significant trauma. A time of uncertainty, like what we are experiencing now with the COVID-19 crisis, can heighten fear and anxiety for everyone, not just those with histories of trauma. And when fear and anxiety increase, conflict often follows suit. We know that right now conflict is not only occurring in families with risk factors, like drug and alcohol abuse, domestic violence, and mental health diagnoses, it is happening everywhere. All families are considered at risk for conflict. BLUE VALLEY TIMES

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With the rapidly evolving conditions related to the COVID-19 pandemic, everyone is affected in some way. Families are confined to their homes, feeling isolated, without natural support systems, like attending school, work, and seeing friends. There is worry about the virus, how so much of it is unknown, and concern about the danger it puts our loved ones in. Many are worried about loss of income and how they will afford living expenses and food for their families. It's the perfect recipe for stress and anxiety and ultimately, conflict, to occur.

At Valley Youth House, we are firm believers that increased levels of conflict within a family does not mean that families do not care about one another. In fact, often, it's because they

care so much about one another that conflict can occur, and it is heightened stress and anxiety that leads to a breakdown in communication and an eruption of arguments. For example, disagreements about going out of the house during the stay-at-home orders, or differences in one's social distancing boundaries, or about managing schoolwork at home

can lead to yelling and fighting. At a time when life seems out of control, people will cling to what they perceive as under their control, like their household and those within it. At the heart of the matter is the fact that loved ones are expressing concern, and care, and worry for one another. It's from a place of love that conflict often arises.

At Valley Youth House we have a team of skilled and experienced counselors and therapists who are highly trained in how to work with youth and families in conflict. Mike Ramsey, M.S., LPC., is our program supervisor for our Family Intervention Program and Functional

Family Therapy Program. He sees clients each day that struggle with tremendous conflict. He emphasizes that, just as you would take

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PAGE 12 CHURCH LISTINGS BLUE VALLEY TIMES APRIL 21, 2020 Please Contact You Church For any Cancellations Due To The Corona Virus

NOTICE ALL SUBMISSIONS MUST BE EMAILED ONLY TO **BVTIMES@RCN.COM** BY FRIDAYS NOON

Ackermanville United Methodist 1410 Ackermanville Road, Bangor Sun 10am Worship. Rev. Sukja Bang (610) 588-7818, www.ackermanvilleumc.org

Bangor Church of the Nazarene 150 Bunny Trail, Bangor

Sun 9:30am SS, 10:40am Worship (Children's Church to grade 2), 5pm Powerhouse Praice Practice, 6pm Teen Straight Talk & Small Groups. Kenneth L. Bean, Pastor (610) 588-6929

Belfast Bible 483 Belfast Rd., Belfast

Sunday School (all ages) 9:30am, Worship 10:45am, Evening Service 7pm. Pastor Michael Yaworski.

Belfast Wesley United Methodist 607 School St., Belfast

Children's SS & Adult SS 9am, Worship 10am, coffee fellowship following worship. Pastor Paul Milligan. (610) 746-3652.

Benders Mennonite Church 975 Benders Church Rd., Pen Argyl Sun Worship service every Sunday at 10:10am; Food Bank 3rd Saturday of the month 9-11am. 610-863-9114.

Bethel Bible Church of Mt. Zion 7742 N. Delaware Dr. (Rt. 611), Martins Creek

Free Bread Every Saturday, 3eryone welcome, questions 908-483-8231; Sunday School 9am, Sunday Morning Worship 10am. Pastor Rick Tunis, 610-250-9890. Learn about us online www.bethelbiblechurchofmtzion.org.

Christ Presbyterian Church of the Slate Belt 332 Kennedy Dr., Bangor Sun.-Worship 10:30 a.m. Rev Albert Martin (610)588-4864 e mail - presbyterianbr@frontiernet.net www.facebook.com/Presbyterybr

Christ Ev. Lutheran Church 703 South Delaware Drive Mt Bethel, PA 18343 610-588-7056 The Rev. Larry Laine Worship at 9 AM Sunday School 10 AM

Clearfield Bible Holiness Church 1502 Bushkill Ctr Rd, Wind Gap

Sun- SS 10:15am, Worship 11:15am & 3pm. Pastor Donald Herrick. (812) 653-3975.

Community Baptist Weona Park Center, Pen Argyl Sun - Bible study 7pm. Separate class for age 10 & under.

Community Presbyterian 1755 S Delaware Drive, Mt. Bethel Sun. - SS 9:15am, Worship service 10:30am, Coffee hour on last sunday of every month following service. www. mtbethelpresbyterian.org, (570) 897-6766.

Cross Road Baptist Church 201 Second St., Bangor

Sun- 9:15am Praise Sing, 9:30am SS 10:45am Worship; Wed- 7pm Prayer/ Bible Study. Rev. Jay VanHorn, Pastor (610) 588-3966, www.crossroadbaptistbangor.org

The Lady's Guild of Our Lady of Victory R.C. Church, Tannersville will hold a Chicken Cordon Blue Dinner on April 28th. We would appreciate your help in advertising this year's event without cost to the church.

EAST BANGOR UNITED METHODIST COMMUNITY CHURCH

136 W. Central Ave. East Bangor, PA 18013 Sun., Apr. 26 - 10:00 a.m. Worship Service (Online) Tues., Apr. 28 - 7:00 p.m. Bible Study (Online) (VISIT WEBSITE FOR ONLINE DETAILS) Pastor Dave Goss (610-588-4453) Dial-A-Message (610-588-3896) www.ebumc.org

Faith Alive Community Church 10 Mechanic St, Wind Gap

Tues- 6pm Ladies Prayer Meeting (2nd Tues); Wed- 6:30pm Revival Prayer, 7:15pm Adult Bible Study; Sat- 10-2pm Prayer Stop (1st Sat); Sun- 9:15am Family Fellowship, 9:30am Intercessory Prayer, 10am Worship, 10:45am Children's Church, Communion at 10:30am (1st Sun). Pastor Matthew Whistler. (610) 863-6911, www.faccpa.org

Family Life Community Church 1115 Richmond Rd, Bangor

Wed- Kidz Night Out at The Hub 6:30-8pm (kids 6 thru 6th gr.); Thurs- Teen Night Out at The Hub 6:30-8pm (gr. 7-9); Sun- 10am Celebration Service. Pastor Mike Poppa. 610-588-3736, www.flccbangor.com.

First United Evangelical 25 S 2nd St., Bangor

Sun. - 7pm Prayer Meeting & Bible Study; Jan 20- 9am Prayer Meeting, 9:30am Church School, 10:30am Worship. Pastor Ronald Shipman at (610) 588-3226

First United Methodist Church 55 N. Third St., Bangor

Worship every Sunday at 11am, Adult and Children Sunday Schools 9:45am, Communion first Sunday of month, Wednesday evening Bible Study 6:30pm. Pastor Chris Hardy (610) 588-4673.

First United Methodist 19 West & Water St., Wind Gap

Sun.- 9am SS, 10am Worship/Communion, 11am Fellowship on 1st Sunday of each month. Pastor John Vidal (570) 426-0645

Flicksville United Church of Christ

1337 Lower South Main Street Bangor, PA 18013 Pastor Ken Hess 610-588-4648 www.flicksvilleucc.com Sunday School at 9:30 AM Worship at 10:45 AM All are welcome!

God's Missionary Church of Northampton 4965 Nor. Bath Blvd (Rt 329), Northampton, PA Sun- SS 9:30am, Service 10:30 & 7pm, Youth Service 6:30pm; Wed- Prayer Meeting 7:30pm. Rev. Rodney Keister. (610) 262-4412. http://GMC-N.com

Good Shepherd Evangelical Lutheran Church. 2904 Church Rd, Martins Creek PA Sunday Worship Service 9:00 am. Adult Bible Study Following Worship. Pastor Louise Williams. www.goodshepherdmc.com

Grace Lutheran Church 5907 Sullivan Trail, Nazareth Tue. - 6:30pm Choir; Jan 20- 9am Service/Communion, 10:15am SS, 10:30am Confirmation/Adult Forum. (610) 759-9080, www.gracebelfast.org

Grace United Methodist 404 Mountain Ave., Pen Argyl Sun.- 8:30am Contemporary, 10am Blended, 10am SS. Rev. J. Timothy Fisher. (610) 863-4811. www.worshipatgrace.org

Holy Trinity Orthodox Church 1501 Trinity Court, Stroudsburg Divine Liturgy Sundays 9:30 AM; Vespers Saturday 6:30 PM. (570) 421-4455, www.holytrinitypoconos.org.

Hopesprings Community of Faith 301 Market Street, Bangor

Sun-Services 10am. Jonathan Almanzar. Lead Pastor. 855-INFO-HOPE. www.hopespringscommunity.org.

Hope UCC

2nd & Cherry St., Wind Gap Sun- 10:30am Worship (Communion 1st Sunday of the month). All are welcome! SS 9:30 Sunday Morning. Pastor Emily B. Hall. (610) 863-4474

Living Waters Christian Church 396 Sterling Rd. Unit D, Tobyhanna Thurs- 6pm Christian Edu Sun- 9:15am Christian Edu, 10:30am Worship. Rev. Dr. Jacqueline R. Walters 570-350-4710

Mt. Bethel Church A Church of the Lutheran Brethren 1270 Belvidere Cr. Rd, Mt. Bethel Sun.- 8:30am Traditional Service,

11am Contemporary Service Visit our website www.mountbethelchurch.org or call (570) 897-7142 for info.

Our Lady of Good Counsel 436 South 2nd Street Bangor, PA 18013 Rectory (610) 588-5445 Parish Webside: www.ourladystvincent. com Mass Schedule Weekdays 8AM excluding Thursdays (See Church Website) Saturday 4 PM Sunday 8:30 AM Holy Days (See Church Website) Saturday Confessions 3:25-3:45 PM

Our Lady of Victory R.C. Church, Tannersville, PA will hold a Free Community Dinner on Sunday, July 21st from 3pm to 4pm. They would appreciate your assistance in advertising this dinner without cost to the Church.

Portland Baptist Church

601 Delaware Ave., Portland Sun- Sunday School 9am, Service 10:30am; Wed- Bible Study 10:30 with Prayer Meeting to follow. Elevator and rampsWe are handicap accessible with automatic doors, elevator and restroom. (570) 897-6866

www.portlandbaptistchurch.com

Prince of Peace Lutheran Church

2445 Lake Minsi Dr., Bangor Saturday Worship: 1st & 3rd 5:30 pm. Sunday School starts at 8:30am (September-May) Sunday Service- 9:45am Holy Communion is served weekly. All are welcome!

Richmond United Methodist Church 8538 Delaware Dr, Bangor

Palm Sunday, worship at 10:00 am. Maundy Thursday, Soup at 6:00 pm and Worship at 7:00 pm. Good Friday 12:00 pm to 3:00 pm for Personal Meditation, Devotion and Prayer Easter Sunrise Service at 7:00 am (followed by breakfast) Easter Traditional Worship 10:00 am Rev. Ed Van Arsdale 610-588-7317

Slate Belt Church 1620 Church Rd, Pen Argyl (Across from the Wind Gap Middle School) www.slatebeltchurch.com Sun.-9:30am SS, 10:30am Worship & Children's Church (nursery provided) 5:30pm Bible Study, Youth Group & Kids Program Pastor Steve Rebert 610-863-9274

St. Brigid's Episcopal Church, Nazareth. Delete Sunday school Holy Eucharist @ 9:30 a.m. St. Brigid's Episcopal Church 310 Madison Avenue Nazareth PA 18064 Phone: 610-746-3910 Fax: 610-746-4515

St. Elizabeth's Parish 300 West Babbitt Ave., Pen Argyl Sun.- Masses 8am, 9:30am & 11am. Rev. Msgr. Vincent P. York. 610-863-4777

St. John's Evangelical Lutheran 12 N. Westbrook, Pen Argyl

Sun.- 8:45am SS, 10am Worship/Holy Communion. (610) 863-4332

St. Joseph's Episcopal 1440 Verona Dr., W. Bangor Jan 20- Eucharist 11am; Christmas Eve Service 4pm. Rev Joel Atkinson. Coffee hour after service. St. Luke's U.C.C. Belfast 471 Belfast Rd., Nazareth (Belfast) SS 9am, Worship 10:30am. Rev. Cecelia Baxter and Rev. Jameson Baxter. 610-759-0244. www.stlukesuccbelfast.com

St. Mary's Episcopal 340 Lehigh St., Wind Gap Sun.- service 9am. Coffee hour follows service. Rev. Joel Atkinson. Maundy Thursday Service will be held

at St. Mary's Episcopal Church Wind Gap at 5:30 P.M. Easter Morning Service will be held at St. Mary's Episcopal Church Wind Gap at 9:00 a.m.

St. Peter's Evangelical Lutheran 1422 Church Rd, Pen Argyl (610) 863-6859 Sunday Worship/Communion 8am and 10:15am; 9am SS www.stpetersplainfield.com

St. Vincent dePaul

720 Delaware Avenue Portland, PA 18351 Rectory (610) 588-5445 Mass Schedule Weekdays (at OLGC) Saturday 6 PM Sunday 10:30 AM Holy Days (See Church Website) Saturday Confessions 5:40-5:50 PM

The Pentecostal Christian Church the Truth (Iglesia Pentecostal La Verdad) 4 Jory Ave Pen Argyl

Sun.- Prayer 14- Sunday School (Escuela Dominical) 12 noon, Praise & Worrship (Cuho Evanglistico) 1pm.

Temple Israel of the Poconos Egalitarian Conservative Synagogue 660 Wallace Street, Stroudsburg Sabbath Services: Friday evening 7pm followed by a Traditional Oneg Shabbat. Saturday morning 9:30am followed by a

traditional Kiddush. Dr. Sandra Alfonsi 570-223-7062.

Trinity United Church of Christ

632 S Delaware Dr. Mt Bethel Pa 18343 Sunday Worship 10:30 am SS and Confirmation 9:00 am Rev. Rodney Wells pastor

Trinity Evangelical Lutheran 404 Broadway, Bangor

Thur - Christian Ed 6:30pm, Choir 7:30pm; Jan 20- SS 9am, Worship/ Communion 10am. Pastor Laine. (610) 588-2023, www.tlcbangor.com.

> **Zion Presbyterian Church** Water St., Wind Gap

Sun.- Rev. Albert Martin will be speaking at the 9:30am service. Children SS during the service. Visitors welcome. (610) 863-8896.