



## INDIVIDUAL SELF-WORTH

Each community member has an inner belief in their own individual value and are motivated by the following principles:

- “I have value and am worth the effort. I like who I am and who I am becoming”
- “I can stand up for myself”
- “I respect and care about others, I benefit from their involvement in my life”
- “I am learning, growing, developing and making progress”

## A FIT AND HEALTHY COMMUNITY

As a community, we promote a culture of wellness by:

- Making choices to improve physical and emotional health
- Modeling healthy choices for our community
- Practicing, and thus benefiting from, good nutrition and physical fitness
- Encouraging an active, involved lifestyle.
- Believing it is never too early or too late in life to embark on the path of wellness

**West Midland Family Center  
Thriving... Giving... Growing...  
Together**

## **VISION ELEMENTS**

### **GETTING ALONG IN THE WORLD**

As a community, we recognize our own potential and look upon the future with optimism.

Demonstrated by:

- Self-discipline through the goals we set and attain which direct the course of our lives
- Positive behaviors and actions, which drive our social interactions
- Mastery of skills required to meet life's challenges
- An understanding of the consequences of our actions
- The ability to build friendships and practice teamwork

**ONLY BY ASKING FOR HELP  
CAN WE BE SURE THAT OTHERS KNOW WE ARE IN NEED**

## OUR MISSION

The Mission of West Midland Family Center is to enhance the quality of life for area residents of all ages by providing facilities, programs, and activities which:

- ❖ Stimulate Lifelong Learning
- ❖ Encourage Wholesome Social Interaction
- ❖ Create Recreational Opportunities

Thereby developing a sense of individual worth... and strengthening the family unit.

## THRIVING FAMILIES

Through mutual respect and positive modeling, families in this community are united:

- Family members work towards building a strong, positive family unit
- Caring, loving, parents are actively involved in their children's lives
- As a result, children are safe both in their homes and their community
- Children and families have support systems that enable them to become socially productive citizens

## HELPING OTHERS

Members of our community choose to give of their time, talents and treasure for the benefit of others:

- Regardless of our life situation, we model the art of giving back
- Individuals experience the joy and sense of accomplishment derived from this type of charitable act
- Community members turn to WMFC for a variety of opportunities to become involved