

NEWSLETTER



Family First Japan 2026



GREETINGS



VICE CHAIRMAN: KEISHI KASUYA

As we welcome the new year, 2026, we want to express our heartfelt gratitude to everyone who consistently supports and understands Family First Japan. Today, families and communities face increasingly complex challenges, including declining birth rates, an aging population, economic disparities, concerns about parenting and education, and a diverse set of values. In the midst of our busy lives, meaningful family conversations are becoming less frequent, and many feel isolated. However, we are reminded that close bonds within families remain a vital foundation for people's well-being.

This year is the Year of the Horse in the Chinese zodiac. Horses move forward with strength, often carrying people toward their destination. We aim to fulfil our important role in society not by operating in isolation, but by collaborating closely with our local community and supporters. Starting this year, we will expand our activities beyond our core pillars—the Fathers Network and Couple Relationship Assessment—to also support young couples raising children. We will continue to walk alongside you all, hoping that this year will deepen family bonds and spread compassion and hope. We look forward to your ongoing support this year.

Activity/Event Report

[FATHERS NETWORK SCHEDULE]

Koganei Group

• 1/24 16:00~

Mitaka Group

• Spring Bilingual Group Launch Planned

Oasis Group 1 • 2

• 2/8 12:30~

ZOOM

• 2/18

*We will send the zoom link if you are joining online. Inquire via email for more details.
info@familyfirstjapan.org

[Prepare/Enrich]

• 4/18

13:30~15:30 Facilitator Workshop

15:30~16:30 Fellowship
(TEAM Center Mitaka)

Couples' Relationship Assessment Registered Facilitators Profile



Sanae Aiyama (Ome City, Tokyo)

Registered Facilitator

Self-introduction

After leading a pre-marital class at my home church, I became a certified Prepare/Enrich facilitator. I find great joy in witnessing couples deepen their understanding of one another through dialogue.

Ever since I was little, I've always wondered, "Why do my parents fight?" Observing my family closely, I've noticed things like: maybe I should massage my mother's shoulder before speaking to her when she's in a bad mood, or perhaps I should listen more intently to my father's quiet voice. I recall actually trying these things. Looking back, I think my interest in "family" quietly began to grow within me around that time. And I feel that feeling is connected to my work today.

Couples undergoing Relationship Assessments likely feel both a thrilling anticipation about discovering similarities and differences between themselves and their partners, and a lingering anxiety about what if they're too different. As a facilitator, I sometimes feel compelled to steer things in a positive direction. However, what truly matters, I feel, is creating space in their hearts to accept each other after learning who they are, and then helping them discover how they wish to be moving forward. I sincerely hope more people experience a family where each person can be themselves while staying connected.

Couples Relationship Assessment Facilitator Workshop: **"Understanding the Opposite Sex"**

Family First Japan offers valuable learning opportunities for those involved in marriage counselling and couple support. This session's theme is "Understanding the Opposite Sex: Enhancing Your Marriage Instead of Just Finding a Good One." Participants will gain insights into how men and women feel and communicate differently, transforming potential conflicts into opportunities for deeper understanding. This workshop is open not only to Prepare/Enrich facilitators but also to anyone interested in learning about marriage counselling or supporting couples and married partners.

**Date: Saturday, April 18, 2026, 1:30 PM - 3:30 PM
(Fellowship: 3:30 PM - 4:30 PM)**

Location: TEAM Center Mitaka (3-6-20 Shimo-Renjaku, Mitaka City, Tokyo)

Fee: Individual: ¥3,000 / Couple: ¥5,000

Eligible Participants:

- FFJ Couples Relationship Assessment Facilitators
- FFJ Members and Supporting Members
- Regular Facilitators
- Individuals interested in marriage counselling



Keynote Speaker: Kiyoshi Mizutani
(JECA Kasugai Bible Church Associate Pastor)

Application

Registered facilitators may begin early registration starting February 14, 2026. You can register using the invitation email already sent to you. General registration opens Wednesday, March 18, 2026. You can register using the QR code on the right.



■ JOIN THE COUPLE'S ASSESSMENT FACILITATOR COMMUNITY

This community is dedicated to sharing and supporting each other's experiences as facilitators. Let's learn together and support each other to help pre-marriage and married couples have a hopeful marriage and married life.

*FOR DETAILS AND REGISTRATION, PLEASE SCAN THE QR CODE:

Family First Seminar

Family First Japan provides seminars on "marriage," "fatherhood," and "parenting" tailored for training programs and employee benefits initiatives at various organizations and companies. We offer flexibility in format, including in-house training, family events, and online study sessions.



Marriage and Couples Seminar

Learn effective communication and healthy conflict resolution for couples, equipping them with the skills needed for a happy married life.

Fatherhood Seminar

Learn about parenting approaches and the fundamentals of parenting as a father.

Parenting Seminar

We address parenting concerns, including bedtime routines, communication, feeding, and screen time.



Speaker Profile: Kazuyoshi Matsumoto

National Coordinator for Family First Japan. Conducts seminars and a couple of support programs focused on marriage, parenting, and fatherhood. Father of two children.

Content, duration, and frequency can be customized to suit your organization's needs. If you are interested, please contact us.

Contact Us: info@familyfirstjapan.org

Fathers Network Newsletter



One of the Fathers Network members, who lost his father in November, reflected on his passing last June. His thoughts prompted much contemplation for me as well, so I would like to share them here. Director: Yuto Matsumoto

“ We all want to be good fathers to our children, but I've come to realize that sometimes children shape their fathers into the fathers they become. For a long time, I was estranged from my father. As our relationship began to heal and we started communicating more, I noticed that when I addressed him as "Father" and engaged in more conversations as a father and son, he gradually began to reclaim his fatherly feelings, rather than viewing himself solely as a grandfather. By reaching out to my father and showing him respect by calling him "Father," we established a new father-son relationship. I believe many already practice this, but I share this insight as someone who recently lost his father. No matter our age, I hope we can all work together to build positive parent-child relationships. ”

Mr. N.T. (Saitama)

JOIN US AT FATHERS' NETWORK

Our goal is to help fathers become better fathers and better husbands by learning from and encouraging each other in a local community where they can meet and socialize with other fathers. We are active in the Koganei, Mitaka, Tsuchiura, and Tsukuba areas and hold online meetings via ZOOM. Each area meets once or twice a month.

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