

# FAMILY LIFE CENTER

The Family Life Center  
703 Compton Road  
Cincinnati, Ohio 45231



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(513) 931-5777  
[www.northminsterchurch.net / help\\_flc.php](http://www.northminsterchurch.net/help_flc.php)

A Faith-Based Outreach of  
Northminster Presbyterian  
Church

Tel: 513-931-5777 for  
information about groups that  
provide help for all ages and  
stages of life & life transitions

## SUPPORT FOR LIFE TRANSITIONS

*Some of life's events can cause our emotions to be stirred up. These emotions can be hard to understand or handle because we were unprepared for the event. Many people find it helpful to talk with another who has walked the path before. Support groups offer the opportunity to meet and share with others who are in the same circumstances.*

*At the Family Life Center you will meet caring people who can help you work out your feelings in an atmosphere of safety. Presentations & group discussions offer you an opportunity to express your needs and explore options in an atmosphere of faith that can lead to growth and healing. Strong feelings are a source of energy you can use to move forward on your personal journey in life. Caring support provides an experience of creative transformation that helps you in self-discovery, self-expression, and can give you confidence & courage to walk on your own in the future.*

*All of the group facilitators have personal experience with the subject of the group and have completed training in facilitating small groups.*

*The Family Life Center is a faith-based outreach of Northminster Presbyterian Church; it was created to provide FREE support groups to the community. All resources for each group are FREE and FREE babysitting can be arranged with advanced registration. A FREE lending*

*library of over 1400 titles completes the program.*

**To register or to learn more about any of these groups please call Center Director, Diane Kinsella, 931-5777.**

- ◆ Groups marked with this diamond are OPEN GROUPS that may be



Rejoice with those who rejoice, weep with those who weep. ~ Romans 12:15

### Health Issues

**Cancer:** For those with cancer, recovering from cancer, and survivors of cancer. If you are newly diagnosed you will find this especially helpful! **Call for next meeting date.**

◆ **Crohn's Colitis:** Join this group if you or someone you love has Crohn's, Colitis, or IBD. Materials provided by Crohn's Colitis Foundation of America. Led by Charlene Mecklenburg & Bob Mayer. **3rd Mondays, 7-8:30 PM, except June, July & December.**

◆ **Diabetic:** An extremely informative, educational support group for people who have diabetes and their family members. **Wed., May 13, Fri. Sept. 11, and Fri., Nov. 13, 1:30—3 PM.**



A Caring Place  
To Learn, To  
Heal, To

## Coming in 2009:

**The Love Dare:** As featured in the popular new movie Fireproof, *The Love Dare* is a 40-day guided devotional experience that will lead your heart back to truly loving your spouse while learning more about the design, nature, and source of true love. Each reading includes Scripture, a statement of principle, the day's "dare," and a journaling area and check box to chart progress. **Call for more information.**

## SESSIONS FOR GROUP SUPPORT AND MOTIVATION

### Health Issues, cont.

**Holistic Health & Wellness:** This is for anyone who needs a "break in the action" and who would like to learn some simple, effective self-care techniques. We will pull from the wisdom of the centuries (i.e. Tai Chi, Pal Dan Gum, and Acupressure) and of our contemporaries (Healing Touch, Guided Imagery and Everyday Spirituality practices) to improve body, mind and spirit connections for improved overall wellness. Participants will be able to take home and share with family members all that they learn. Led by Diane Kinsella.

**Pre-registration required. Weekly, beginning Tuesday, September 8, 7-9 PM.**

**Lose it for Life:** Based on the book by Steve Arterburn & Dr. Linda Mintle. Learn to deal with the issues at the core of your spiritual & emotional life that have kept you from losing weight & keeping it off. Led by

Diane Siegel & Angie Pairan. **Pre-registration required. 11-week group begins Wednesday, September 23, 6:30—8:00 PM.**

**Understanding & Reducing Depression:** A group for those who think they may have depression, who feel moderately depressed & family members who want to understand & support a person with depression. *NOT a substitute for therapy.* Led by Colleen Ehrnschwender. **Pre-registration required. Five week group begins Saturday, Oct. 3, 9:30—11 AM.**

### Relationship Issues

**Boundaries with Kids:** This is a fun way to learn new skills that really work using group discussion and the book & video by Drs. Henry Cloud & John Townsend. **FREE** workbook. Bobby Emig & Jane Whalen lead this group. **Six week group will be offered in February, 2010; call for more info. Pre-registration required.**

**Boundaries in Marriage:** Explore Drs. Cloud & Townsend's book & video series for married couples with other couples. **FREE** workbook. Texts can be borrowed from the library. Instructors are married couples with years of experience. **Call for next scheduled start date.**

◆ **Caregivers:** *Who is a caregiver? You are, if you provide or supervise care that helps a person who is frail, elderly or disabled.* This is an educational support group for all caregivers. Meet others who share your experience & learn to care for yourself as well! Mary Specht & Jan Weber facilitate. **1st Sunday every month, 4-5:30 PM, August through June.**

**Divorce:** The divorce process leads to strong feelings of anger, depression, isolation, & confusion. This group will help you provide support & give you tools for readjusting your life. Dave Underwood leads the team of facilitators for this 7-week group that meets on Monday nights. **Starts Wednesday, October 14, 7-9 PM. Pre-registration required.**

**Grief:** This 6-week group for those who have suffered a loss helps with understanding the grief process, honoring the loved one, and sharing with others who have similar experience. Caring leaders Flo Beall, Nancy Brown, Cara Jones, Jane Messer, Cora Pell, Nancy Shahan and Pat Zimmerman have experience with the grief process. **Begins on Tuesday, May 5, 7-9 PM as well as on July 28, and October 13. Pre-registration required.**

**Guided Meditation on Forgiveness:** Using Rev. Flora Slosson Wuellner's book, *Forgiveness: The Passionate Journey*, Diane Kinsella guides participants through a gentle 6-week process to help in those situations where a hurt or bad feelings were never resolved. You move at your own pace, come to closure, and move on, whether or not the other party is repentant. **Begins Thursday, June 4, 7-8:30 PM.**

◆ **Single Mingle:** This group of adult singles meets monthly on the **4th Friday, 7-10 PM.** Call **Susan Holmes, 931-0243**, to find out if it is a cookout, dessert, or snack month so you know what to bring.

◆ **Single Parents:** This educational and social support group provides information & strategies

for dealing with single parenting issues. **Call for next scheduled date.**

### Daily Living Issues

**Everyday Spirituality:** Based on the DVD series *Spiritual Literacy* by Frederic & Mary Ann Brussat, this 6-week group examines different aspects of spirituality to help participants discover the sacred in everyday life. **Begins Tuesday, June 16, 7-8:30 PM.**

**Freed Up Financial Living:** This 6-week workshop you will discover tools and develop skills to help you control your finances so they don't control you. Learn to prioritize your financial goals, develop a personal spending plan, identify steps to reduce expenses, and reduce debt! This is a biblically based curriculum. **Call for next start date.**

◆ **Job Search Group:** This ten-week group is for those coping with downsizing or looking to return to the job market. Career consultants Phyllis Martin and Dana Glasgo lead the first two sessions and are followed by professionals and former job seekers who will help participants to find that next perfect job. Participants will also take the **FREE** StrengthsFinder 2.0 assessment tool and may partake of individual strength coaching with Center Di-