



Program Update for January—May, 2010

The Family Life Center: Free **Support Groups** for Life's Transitions
A Faith based Outreach of Northminster Presbyterian Church

<http://tinyurl.com/FamilyLifeCenter> or on Facebook <http://tinyurl.com/FLCfanpage>

Diane W. Kinsella, Director, 703 Compton Road, Cincinnati, OH 45231

Phone: 931-5777 • Email: flc@nmpchurch.org

Life can stir up many emotions, some of which can be hard to understand and handle because we were unprepared for the event. Support groups offer the chance to meet and share with others who are in similar circumstances; many people find this quite helpful.

At the Family Life Center you will meet caring people who can help you work through your feelings in a safe place. Presentations and 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. You'll find a place to use the energy produced by strong feelings to experience creative transformation that will help you in self-discovery, self-expression, and can empower you with confidence and courage to walk on your own in the future.

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

All groups and resource materials are FREE! Free babysitting is also available, with pre-registration. You're welcome to borrow books from our 1400+ title library, too.

Please Note: This symbol © designates an OPEN GROUP that can be joined at any time

Boundaries with Kids

Have fun learning new skills that really work using the book & video by Drs. Henry Cloud & John Townsend and group discussion. FREE workbook! Bobby Emig & Jane Whalen lead this group. **Six week group will be offered on the following Sundays from 2-4 PM: February 7, 14, 21 and March 7, 14, 21. Pre-registration required.**

Boundaries in Marriage

Explore Drs. Cloud & Townsend's book and 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 Support Group

If you provide OR supervise care that helps a person who is frail, elderly, or disabled, YOU ARE a caregiver! Meet and learn from others who share your experience. Learn to take care of yourself, too! Mary Specht & Jan Weber lead. **First Sunday, monthly, August through June, 3:30 to 5 PM.**

Creating your Journey for the 2nd Half of Life

You will be guided through a series of sessions to develop your personal travel plan, covering everything from your financial planning to "Aging and Sage-ing," with stops in-between for planning your healthy life, downsizing and moving, and eliminating all of that excess "stuff" in the attic. Led by local author Amy Rust and Betty Steinker. **Six bi-weekly sessions begin Saturday, January 30, 10:30 AM – Noon. Pre-registration required.**

©Crohn's Colitis Support Group

The Crohn's Colitis Foundation of America provides the materials for the participants, who are either family members or patients with Crohn's, Colitis, or Inflammatory Bowel Disease. Led by Charlene Mecklenburg and Bob Mayer, **3rd Mondays, 7-8:30 PM, except June, July and December.**

Depression Education Group

A group for anyone who thinks they may have depression, who feel s moderately depressed & family members who want to understand & support a person with depression. *NOT a substitute for therapy.* Led by Colleen Ehrnschwender along with Dr. Debjani Sinha, Dr. Nancy Panganamala, and Dr. Bill Cahalan. **Five week group begins Sunday, February 7, 130 - 3 PM. Pre-registration required.**

©Diabetic Support Group

Join this educational group if you or a loved one has diabetes. Health care professionals share the newest and latest information, as well as answer individual's questions. **Friday, January 8, March 12, and November 12, 1:30 – 3 PM Call for May and September meeting dates & times**

Divorce Support Group

The divorce process leads to strong feelings of anger, depression, isolation and confusion. This group provides support and gives you tools for re-adjusting your life. Dave Underwood and Dale Elliott lead this group. **Seven weeks beginning Wednesday, February 24, 7-9 PM. Pre-registration required.**

Everyday Spirituality

~Summertime refreshment for the soul!

Discovering the sacred in everyday life is the spiritual refreshment provided by this group and the DVD series *Spiritual Literacy* by Frederic & Mary

Ann Brussat. Each week will focus on a different spiritual practice. **Five weeks beginning Tuesday, July 20, 7-8:30 PM. Pre-registration required.**

Freed Up Financial Living

During this 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. **Six week group meets bi-weekly beginning Monday, February 8, 7-8:30 PM. Pre-registration required.**

Grief Support Group

This group helps anyone who has suffered a loss with understanding the grief process, honoring the loved one, and sharing with others who have similar experiences. Our caring leaders are Nancy Brown, Cara Jones, Cora Pell, Nancy Shahan and Pat Zimmerman, each of whom has experienced a significant loss. **Six week groups begin Tuesday February 2, April 27, and September 21, 7-9 PM. Pre-registration required.**

Guided Meditations on Forgiveness

~What are you giving up for Lent this year?

Using Rev. Flora Slosson Wuellner's book, *Forgiveness: the Passionate Journey*, Diane Kinsella guides participants through a gentle process to help you through those situations where a hurt or bad feelings were never resolved. Move at your own pace, come to closure and move on, whether or not the other party is repentant. **Six week group begins Monday, February 22, 7-8:30 PM. Pre-registration required.**

Holistic Health & Wellness

~Refreshment for your Body-Mind-Spirit

Do you need a "break in the action?" Could you stand to learn some simple and effective self-care techniques? If so, come learn from the wisdom of the centuries (Pal Dan Gum, Acupressure) and our contemporaries (Healing Touch, Guided Imagery) to improve body, mind and spirit connections for

overall health. **Six weeks beginning September 7, 7-9 PM. Pre-registration required.**

Job Search Group

If you are coping with layoffs, downsizing or are looking to return to the job market, this is the group for you! Career consultant Dana Glasgo, FLC Director Diane Kinsella, other professionals and graduates of the group help participants with the knowledge and skills they need to find that next perfect job. Participants are provided with the StrengthsFinder 2.0 assessment and may partake of individual strength coaching with Certified Strengths Coach Diane Kinsella (both are free!). **Eleven week group begins Monday, February 1, 1:30 – 3 PM.**

Lose it for Life

Based on the book by Steve Arterburn & Dr. Linda Mintle, this group helps you learn to deal with the issues at the core of your spiritual & emotional life that have kept you from losing weight and keeping it off. Led by Diane Siegel & Jan Rue. **Eleven week group begins Wednesday, January 27, 6:30 – 8 PM. Pre-registration required.**

Single Mingle

Single adults gather for a shared meal, conversation, and games. Each person brings \$3.00 to cover the cost of the entre, a side dish to share, their own beverage, and a friend if they like. **4th Friday, 7-10 PM. Call Susan Smith, 931-0243, or e-mail her at sholmes@nmpchurch.org to register.**

Six Weeks to a Simpler Life

Explore just exactly what you need to simplify your life! You will be moved gently, but deliberately, toward a simpler, more satisfying life. You'll find a lifestyle survey to help you prioritize, a daily Bible reading and reflection, a simple action step for each day, journaling exercises, and a safe place to share your insights while learning from the insights of others. Led by Diane Kinsella. **Seven weeks beginning Tuesday, January 19, 7-8:30 PM. Pre-registration required.**



The Family Life Center: Free **Support Groups** for Life's Transitions
A Faith based Outreach of Northminster Presbyterian Church

<http://tinyurl.com/FamilyLifeCenter> or on

Facebook at <http://tinyurl.com/FLCfanpage>

Diane W. Kinsella, Director, 703 Compton Road, Cincinnati, OH 45231

Phone: 931-5777 • Email: flc@nmpchurch.org

