



Special Community Education Events in 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>

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Part of the mission of the Family Life Center is to provide FREE educational seminars that are open to the entire Tri-State Community. The following two workshops are scheduled for early 2010. Let us know if there are other subjects you would like for us to offer.

Pre-registration recommended, though not required.

Celebrating **10**
Years of Service to
the Greater
Cincinnati
Community

The Alzheimer's Project

Did you know that Alzheimer's is the second most-feared illness in America, following cancer, and may affect as many as five million Americans?

Join us for a fascinating look at the face of Alzheimer's disease today with the help of **Clarissa Rentz**, Executive Director of the Cincinnati Chapter of the Alzheimer's Association, **Dr. Brendan Kelly**, a behavioral neurologist with the UC Department of Neurology, the HBO Documentary series **The Alzheimer's Project** and **Sunrise Assisted Living**, Finneytown.

Saturday, Feb. 13, 9 AM – Noon

The focus this week will be on memory loss and the different faces of Alzheimer's disease.

Saturday, Feb. 20, 9 AM – Noon

Week two brings a discussion of care giving, both in terms of adult children giving care and the grandchildren involved.

Saturday, Feb. 27, 9 AM – Noon

Finally, we'll look at science, momentum and the treatment of Alzheimer's disease.

Refreshments and light fare provided

Understanding & Preventing Suicide: Saving Lives One Community at a Time

Suicide knows no boundaries – it affects every age group, both genders, and all income levels! One research study done in Canada showed that during our lifetime *60% of us will personally know someone who dies by suicide*, and that 20% of us will have a suicide within our immediate family.

The problem is here – and it is in *your* sphere of influence. Join us for an enlightening program in conjunction with the **Mental Health Association** to learn how and what you can do to make a difference.

Saturday, March 6, 9 AM – Noon Light fare and refreshments provided

This program will focus on four important educational pieces:

- 1.) Understanding the problem today and why we need to do something about it
- 2.) Risk factors and warning signs; what to look for and take seriously
- 3.) Basic intervention training in the QPR method (Question, Persuade and Refer)
- 4.) Community Resources that are available (will have a handout to take with you)