

Live a healthier, more fulfilling life this year!
Learn to take care of the ones you love- your children, your parents, and especially yourself!

- Location: All classes will be held at Concord Counseling Services 700 Brooksedge Blvd. Westerville, OH
- Time: Thursday evening 6:30 pm- 8:00 pm. (note- series length varies; dates subject to change)
- Cost: First session of each class- no charge
Following Sessions \$10 each
Discount for purchase of classes by series
- Contact: To confirm details and/or register for the first class in each series, call (614) 882-9338 ext 0

2012 Series

1. **Reduce Your Personal Stress** **January 19-February 23**
6 weeks facilitated by Eric Reinhart, PC

Do you find yourself trying to do too many things at once? The ancient practice of **MINDFULNESS** can be effective in helping reduce anxiety, decreasing recurrences of depression, or managing chronic pain.

You will develop skills to cope more effectively with your hectic life by:

- Changing how you relate to the world
- Enhancing your peace of mind
- Developing insight

2. **Believe in Yourself** **March 8-April 12**
6 weeks facilitated by Deborah Kadlec, LISW, LCDCIH

As a woman, do you sometimes find yourself taking care of others so much that you forget to take care of yourself?

You will learn about:

- Self esteem
- Personal empowerment and assertiveness
- How to set healthy boundaries
- Improve our communication with others
- How to say “no” without feeling guilty

3. **Improve Your Relationships with Your Child- Become a Better Parent** April 19- May 10
4 weeks facilitated by Theresa Black, LISW

Do you have moments when your child's behavior drives you absolutely crazy? Do find yourself responding to your kids in ways you don't feel good about?

You will learn:

- Easy-to-use strategies for changing your child's behavior while also deepening your emotional connection with them
- How to build on your child's confidence and improve cooperation
- More positive models of discipline and communication with your children

4. **Get organized and save time to do the things you want to do** May 17- June 7
4 weeks facilitated by Karen Kruzan, LISW

Does it seem like you do not enough time to do the things you love? Are you stressed out by all the paper coming into your house and confused about what you should keep?

You will learn:

- A variety of filing options so you can find the one that works best for you
- What documents you need to keep and for how long
- How to keep the most important papers in front of you
- Techniques to be more productive
- A variety of calendar options to find one that works for you
- How to manage family schedules
- How to accomplish more in less time

5. **You Are Not Alone-Take better care of your elderly parents and yourself** June 21- July 12
4 weeks facilitated by Beverly Phipps, RN

Is caring for a loved one becoming an overwhelming responsibility? Do you feel all alone?

- You will learn about:
- Myths and Realities of Aging- What it is and what it is not
- How to care for yourself while you tend to your loved one
- Making the best decisions about living arrangements-Nursing Home/Assisted Living/Living Alone
- Resources for you in Franklin and Delaware Counties

6. **Gain Peace of Mind-Develop a Supportive Living Plan for your Adult Child after you are gone**
date to be determined

1 free class facilitated by Marilyn Messina, LISW

If you are caring for an adult child with mental illness or a developmental disability do you ever worry about what life will be like for them when you are no longer around to do the job?

You will learn how to create your family's personalized plan to support your loved one into the future by using and discussing a draft of a plan.