

2010 Free Summer Educational Classes

Please pre-register to attend any of the following classes/groups this summer.

1. **Resolving Grief (St. Paul United Methodist 5410 Corby Street)**

Are you having a hard time dealing with a loss? You are not alone. Join us in this class and learn the 5 steps of grieving.

Mondays, June 7th – July 19th Class is from 12:00pm – 1:00pm

2. **Drug and Alcohol Educational Classes for Teens (First United Methodist 7020 Cass Street)**

This class is specifically designed for ages 11 – 18 and will provide an overview of the classification of drugs, its effects and its impact on your life.

1st Session: June 9th, 16th, 23rd, 30th 2nd Session: July 7th, 14th, 28th, Aug 4th Class is from 6pm -7pm

3. **Drug and Alcohol Education Classes for Adults (First United Methodist 7020 Cass Street)**

This class is specifically designed for adults and will provide an overview of the classification of drugs, its effects and its impact on your life.

1st Session: June 9th, 16th, 23rd, 30th 2nd Session: July 7th, 14th, 28th, Aug 4th Class is from 6pm -7pm

4. **How to support your Addicted Family Member/Love One (First United Methodist 7020 Cass Street)**

Do you have a family member or someone special in your life that is addicted to drugs or alcohol? Come find out how you can help them overcome their addiction and re-build your relationship.

1st Session: June 9th, 16th, 23rd, 30th 2nd Session: July 7th, 14th, 28th, Aug 4th Class is from 6pm -7pm

5. **Self Harm Prevention For Parents (First United Methodist 7020 Cass Street)**

Does your child (12 and up) exhibit self harming behaviors and you don't know what to do? Come and join us and we will provide education and support to help you cope with this behavior.

Mondays, June 7th through July 26th Class is from 6:00pm – 7:00pm

6. **Overcoming Self Harm, Ages 12 – 18 Years (First United Methodist 7020 Cass Street)**

This class will give you ideas on how to stop self-harm and teach healthy skills for dealing with issues in your life.

Mondays, June 7th through July 26th Class is from 6:00pm – 7:00pm

7. **QPR Suicide Prevention (First United Methodist 7020 Cass Street)**

QPR (Question, Persuade and Refer) is the CPR version in dealing with someone who may be suicidal. This one hour class provides anyone with responses and ways to feel less stressful when suicidal situations may occur.

8. **Coping with Challenging Teens – For Parents (First United Methodist 7020 Cass Street)**

This class will provide practical ways to help you manage your child's problem behaviors.

Mondays, June 14th through July 26th Class is from 5:00pm – 6:00pm

9. **Coping with Difficult Emotions - Adults (ages 19 - Up) (First United Methodist 7020 Cass Street)**

This class will provide you with skills to help you manage your anger and other difficult emotions.

Mondays, June 14th through July 26th Class is from 6:00pm – 7:00pm

10. Coping with Difficult Emotions - Kids (ages 12 – 18) (First United Methodist 7020 Cass Street)

Does your anger get you into trouble at home or at school, then come to this class and learn some cool ways to deal with your anger.

Mondays, June 14th through July 26th Class is from 5:00pm – 6:00pm

11. Women to Women (Lord of Love Lutheran 10405 Fort Street)

This therapeutic group is available to women who would like to gain support from other women. Topics to include but not limited to: self-esteem, healthy relationships, family issues and empowering women to make healthy decisions. Group will be catered to meet the needs of the participants.

Wednesdays, June 9th through July 28th. Group time is from 9:30am – 11:00am

12. Express Yourself (Lord of Love Lutheran 10405 Fort Street)

This class is open to girls ages 12 – 15years. It will address self-image, relating to peers, developing better relationships with parents, and other concerns brought to the class. The class will utilize art therapy methods to address these issues.

Wednesdays, June 9th through July 28th. Class time is from 12:00pm – 1:30pm

All classes/groups are taught or facilitated by Licensed Mental Health Practitioners with a variety of certifications as Drug and Alcohol Counselors, Social Workers, Professional Counselors, Marriage and Family Therapists, and Board Certified Art Therapist.

For additional information regarding these classes/groups please contact Victor Schuermann at 354-8005 or Lend Frison at 354-8032.

To sign up for classes/groups please contact Victor Schuermann at 354-8005 or Lend Frison at 354-8032.

Thank You!

Date Registered: _____

METHODIST HOSPITAL
COMMUNITY COUNSELING PROGRAM
SUMMER 2010 EDUCATIONAL CLASS REGISTRATION

Name of Class Participant (please print) _____

Parent/Guardian name _____ Phone # _____ Cell # _____

Class #(1st choice) _____ (2nd choice) _____ (3rd choice) _____

Participant Age _____ years D.O.B. _____ Current Grade _____
(mm/dd/yy)

How did you hear about our service? School; Church; Agency/EAP; Other _____

Please select class by checking appropriate box:

1) Resolving Grief <i>St. Paul United Methodist Church</i> <input type="checkbox"/> Mondays from June 7 th - July 19 th Noon - 1pm	7) QPR (Question, Persuade & Refer) Suicide Prevention First United Methodist Church <input type="checkbox"/> <i>Day/Times: TBA - One hour class.</i>
2) Drug & Alcohol Educ. Classes for Teens (Ages 11-18) First United Methodist Church <input type="checkbox"/> Session 1 - June 9 th , 16 th , 23 rd , 30 th 6pm-7pm <input type="checkbox"/> Session 2 - July 7 th , 14 th , 28 th , Aug 4 th 6pm-pm	8) Coping with Challenging Teens-For Parents First United Methodist Church <input type="checkbox"/> Mondays from June 14 th - July 26 th 5pm-6pm
3) Drug & Alcohol Educ. Classes for Adults First United Methodist Church <input type="checkbox"/> Session 1 - June 9 th , 16 th , 23 rd , 30 th 6pm-7pm <input type="checkbox"/> Session 2 - July 7 th , 14 th , 28 th , Aug 4 th 6pm-pm	9) Coping with Difficult Emotions-Adults (19-up) First United Methodist Church <input type="checkbox"/> Mondays from June 14 th - July 26 th 6pm-7pm
4) How to Support Your Addicted Family Member or Loved One First United Methodist Church <input type="checkbox"/> Session 1 - June 9 th , 16 th , 23 rd , 30 th 6pm-7pm <input type="checkbox"/> Session 2 - July 7 th , 14 th , 28 th , Aug 4 th 6pm-7pm	10) Coping with Difficult Emotions-Kids (12-18) First United Methodist Church <input type="checkbox"/> Mondays from June 14 th - July 26 th 5pm-6pm
5) Self Harm Prevention for Parents First United Methodist Church <input type="checkbox"/> Mondays from June 7 th - July 26 th 6pm-7pm	11) Women to Women <i>Lord of Love Lutheran Church</i> <input type="checkbox"/> Wednesdays from June 9 th - July 28 th 9:30am-11am
6) Overcoming Self Harm (Ages 12-18) First United Methodist Church <input type="checkbox"/> Mondays from June 7 th - July 26 th 6pm-7pm	12) Express Yourself - Girls (12-15) Utilizing Art Therapy Methods <i>Lord of Love Lutheran Church</i> <input type="checkbox"/> Wednesdays from June 9 th - July 28 th Noon -1:30pm

***Please call Victor at 354-8005 or Lend at 354-8032 to register for the classes or complete the form with your selections and fax to 354-8046. Thank you.**