

Workshop Series For Today's Family Situations

March 15 - Bring Balance to Busy — by Brad Aldrich

All families feel the stress of multiple activities, responsibilities and interests. The goal of this seminar is to give families the tools to sort out the priorities and make decisions that help them grow together.

March 22 - Family Soup: Making Blended Families Work- by Brad Aldrich

A look at the unique stressors encountered by single, divorced and blended families, and how families can work navigate the challenges.

March 29 - Care giving issues, grief and loss - by Elaine Potts

Elaine walks us through the challenges of being a primary care giver and dealing with the grief and loss of a loved one. (Exact content is still to be determined)

**Come for one, two or all three evenings
Invite a friend, co-worker or neighbor to join you**

6:15pm: A light supper will be served

7:00pm The Workshop will begin

Child care provided during the workshop

The evenings are free and will be held at Gehman Mennonite Church-127 Witmer Road, Adamstown, PA. For more information, directions and to register, either e-mail or call Darrell Gockley at gockley@windstream.net or 717-484-4927 or register online at www.gehmanmennonitechurch.org

Pre-registration is not required. everyone is welcome.

These workshops are being present by the staff from the Family Resource & Counseling Centers (FRCC). FRCC is a non-profit Christian professional counseling organization offering families in Lancaster County and Chester County, PA a place to truly find hope again. The mission of FRCC is to Nurture Hope, Facilitate Healing.

Brad is a Licensed Marriage and Family Therapist who received his master's degree from MCP Hahnemann University, and his BA in psychology from Messiah College. Brad is a clinical member of the American Association of Marriage and Family Therapy, certified in Critical Incident Stress Management, and trained to practice EMDR. He is experienced in providing positive focused help to families, couples, adolescents, and children who are experiencing difficult times

Elaine received her Master of Social Work Degree from Widener University in 1998 with an emphasis in Clinical Social Work. Prior to that, she had been using her Bachelors Degree in Social Work within the health care field, specifically in the areas of illness, disability, death and dying. Elaine has experience working with individuals dealing with stress, anxiety and depression, especially as it relates to adjustment issues.