

REGISTRATION FORM REQUIRED BY WEDNESDAY, JANUARY 18, 2006

For Office Use:

Deposit _____
 Ck. # _____
 Balance: _____
 Ck. # _____

NAME: _____ HOME PHONE: _____

ADDRESS: _____ CITY, STATE, ZIP: _____

PLEASE CHECK WHICH WORKSHOPS YOU PLAN TO ATTEND:

- | | | | | | |
|--------------------------|---------------------|---------|----------|------------------------------|--------------------|
| <input type="checkbox"/> | ENTIRE PROGRAM | \$20.00 | \$ _____ | CHOOSE ONE FROM: | |
| <input type="checkbox"/> | LUNCH | \$8.00 | \$ _____ | Workshop I at 1:00 PM | |
| <input type="checkbox"/> | 1:00 PM—WORKSHOP I | \$6.00 | \$ _____ | A. _____ | Early Influences |
| <input type="checkbox"/> | 2:00 PM—WORKSHOP II | \$6.00 | \$ _____ | B. _____ | Free To Be |
| | | | | C. _____ | Whose Homework? |
| | | | | D. _____ | You Can Get Along! |
| | | | | E. _____ | Skills for Loving |
| | | | | F. _____ | Mastering Act III |
| | | | | G. _____ | Brain Fitness |
| | | | | H. _____ | 20 - 80 |

- CHILD CARE PROVIDED; _____
 HOW MANY CHILDREN? _____ THEIR AGES _____
- PLEASE MAKE CHECKS PAYABLE TO **FIRST UNITED METHODIST CHURCH**
 & MAIL TO: 1032 MAPLE AVE., DOWNERS GROVE, IL 60515
- OR RETURN TO CHURCH OFFICE
- TOTAL ENCLOSED \$ _____
- CHOOSE ONE FROM:
- Workshop II at 2:00 PM**
- A. _____ Early Influences
 B. _____ Free To Be
 C. _____ Whose Homework?
 D. _____ You Can Get Along!
 E. _____ Skills for Loving
 F. _____ Mastering Act III
 G. _____ Brain Fitness
 H. _____ 20 - 80

LIFE from A to Z



Sunday, January 22, 2006

Lunch~Workshops

**Fees: Entire Program \$20
 Lunch \$8
 Workshop I \$6
 Workshop II \$6**

Childcare Available

**Registration required by
 Wednesday, January 18, 2006**

First United Methodist Church
 1032 Maple Avenue
 Downers Grove, IL 60515

Phone: 630-968-7120
 Fax: 630-968-4901
 Email: dgfumc@dgfumc.org

LIFE from A to Z



Sunday, January 22, 2006

Lunch~Workshops
 12:15 - 12:50 Lunch

**Workshop I: 1 - 1:50 PM
 Workshop II: 2 - 2:50 PM**

**Early Influences on Child Development
 Free to Be: Helping your child
 live their potential
 Whose Homework Is This?
 You Can Get Along! Parents & Teens
 Skills for Loving Relationships
 Mastering Act III
 Brain Fitness
 20 to 80 Aging by the Decade**

*Sponsored by the Wholly Health Group:
 Health & Wellness and
 Mental Health Ministries*
 First United Methodist Church
 1032 Maple Ave. Downers Grove, IL
 630-968-7120

CHILDREN THE FORMATIVE YEARS

A. EARLY INFLUENCES ON CHILD DEVELOPMENT

Nutrition: Nicole Tracy RD, LDN

Fathers: Steve Hess MA LCPC

Nutrition is critical for brain and body development, fathers for self esteem and self reliance. Our speakers discuss how nutrition and fathers influence a child for life.

Nicole Tracy is a registered dietitian who works at Edward Hospital.

Steve Hess specializes in working with parents/children and adolescents at Samaritan Interfaith Counseling Center.

B. FREE TO BE: HELPING YOUR CHILD LIVE THEIR POTENTIAL.

This workshop will focus on parenting strategies that will assist your child in identifying their strengths, overcoming obstacles and bringing their gifts to the world.

Jeanne Dickerson LCPC, CPCC

Jeanne has a practice in Downers Grove and is a Certified Personal Life Coach.

C. WHOSE HOMEWORK IS THIS?

Are you and your children feeling stressed out over the struggle for academic achievement? Strategies that encourage realistic expectations and reduce stress in the family will be identified and discussed.

Nancy R. Soro PHD

Nancy is a licensed clinical psychologist with a private practice in Oak Park. She works with families on psychological concerns around family conflict and school performance.

D. YOU CAN GET ALONG! PARENTS AND TEENS

Adolescents and parents are often ticked off at each other. Learn:

Why such emotions become so dominant.

How to limit the number and intensity of these wasteful interactions.

How to maximize your enjoyment of your teen.

Ken Potts M.S., D. Min., LCPC, LMFT

Ken is a licensed marriage and family therapist with Samaritan Interfaith Counseling Center. He has an office at First United Methodist Church in Downers Grove.



All eight seminars will be offered at both workshops. Choose one to attend for each session.

ADULTS

E. SKILLS FOR LOVING RELATIONSHIPS

Loving relationships with family, friends, and co-workers occur when we employ basic principles that anyone can learn.

Carol Lysne M.S. LCPC

Carol is the Director of Mental Health Ministries at Downers Grove First United Methodist Church

F. MASTERING ACT III

Midlife offers us the opportunity to reinvent, reposition and reenergize ourselves. Learn how to create a meaningful vision for the second half of your life.

Jacqui Neurauter is a Personal and Professional Coach who specializes in helping people reach their highest potential.

www.harmoniouspathways.com

G. BRAIN FITNESS

Learn how to exercise your brain to keep your mind healthy and active.

Judith Wolcott, LCSW

Director of Memory Care
Meadowbrook Manor

H. 20 TO 80 AGING BY THE DECADE.

Know what your body needs to stay vigorous and healthy throughout the life cycle.

Sheila Hallman, R.N.

Sheila is the Parish Nurse at Downers Grove First United Methodist Church