

Skill-Building Classes for Caregivers of Adults Coping with Mental Illness

**Location: Concord Counseling Services
700 Brooksedge Blvd. Westerville OH 43081**

June 6, 5:30-7 De-Escalation/Tami Childs, Lindsay Spoerl

This training is designed to give caregivers tools to use in difficult situations. In our training we will discuss ways to assess where your loved one is at in the escalation process, ways to intervene before the situation becomes worse, how to process thoughts and feelings afterward, and ways to provide self-care after the situation.

July 18, 5:30-7 Healthy Boundaries/ Amy Durtschi

Establishing and maintaining boundaries are important for any healthy, productive and satisfying relationship. This session will explore creating personal boundaries that represent the physical, emotional and mental limits we establish to protect ourselves from being manipulated, used or violated by others. We will explore the four types of boundaries and why it's important to have personal boundaries in a relationship. We will also discuss the hallmarks of a healthy relationship and how you can achieve balance in the relationships that mean the most.

Aug. 1, 5:30-7 Communication/Christine Polak

Have you ever communicated to someone and the translation and/or meaning was lost? Do you believe that listening is just as important as talking? Would you like to know how to convey a message that will meet your needs? If you answered yes to any of these questions, then this presentation is exactly what you need. By the end of the night, you will learn how to send and receive a message, the skills to be an effective communicator and how to deal with the "confrontation" that everyone will encounter. Hope to see you there.

Sept. 5, 5:30-7 Self-care/Tami Childs, Lindsay Spoerl

This training will review the importance of self-care and stress management while being a care giver. We will go over stress management techniques and ways to incorporate such activities into your daily life. This training will be interactive so please be prepared to practice a few relaxation techniques during the training.

Oct. 3, 5:30-7 Mindfulness/Jon Sherman

In this busy world of ours, the mind is constantly pulled in multiple directions, scattering our thoughts and emotions and leaving us feeling stressed, highly-strung and at times quite anxious. Most of us don't have five minutes to sit down and relax, let alone 30 minutes or more for a meditation session. But it is essential for our wellbeing to take a few minutes each day to cultivate mental spaciousness and achieve a positive mind-body balance.

So if you are a busy bee like me, join us on October 3rd from 5:30-7pm to learn and experience simple mindfulness exercises to empty your mind and find some much-needed calm amidst the madness of your hectic day.

Nov. 7, 5:30-7 Stress reduction/Jeff Kayes

In this training you will learn how to differentiate the concepts of pressure, stressors and stress. Those in attendance will measure their current stress level and will take away ideas on how to reduce stress overload.

