

Skill-Building Classes
Location: Concord Counseling Services
700 Brookside Blvd., Westerville OH 43081

FREE/NO REGISTRATION NEEDED

February 6th 5:30-7:00pm Co-Dependency/Lindsey Gentry

What is co-dependency? If you are not sure and you want to learn more this is the session for you. Come learn the definition and symptoms of a codependent relationship. What are the concerns or issues that may arise from a co-dependent relationship and how to I make healthy changes?

March 6th, 5:30-7:00 p.m. 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.

April 3rd, 5:30-7:00 p.m. 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.

May 1st, 5:30-7:00 p.m. Self-care/Barb Blair-Karr

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.

June 5th, 5:30-7:00 p.m. 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.

July 10th 5:30-7:00 p.m. 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.

August 7th 5:30-7:00pm Managing Anxiety/Sherri Grimone

Do you struggle with excessive worry, nervousness or panic? This may be anxiety. Come learn to identify the symptoms and learn helpful tips and tools for managing the symptom.

September 4th 5:30-7:00 p.m. De-Escalation/Tami Childs

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.

