

Skill-Building Classes/Families in Touch Support Group

Location: Panera Bread 4519 N High St., Columbus 43214

5:30-7:00 p.m.

REFRESHMENTS WILL BE PROVIDED - FREE/NO REGISTRATION NEEDED

March 4th - Healthy Boundaries/Amy Durtschi

Establishing and maintaining boundaries are important for any healthy, satisfying relationship. We will explore the four types of boundaries and why it's important to have personal boundaries. We will also discuss the hallmarks of a healthy relationship and how you can achieve balance in the relationships that mean the most.

April 1st - Mindfulness/Jon Sherman

Our minds are constantly pulled in multiple directions, scattering our thoughts and emotions. It is essential for our wellbeing to take a few minutes each day to cultivate mental spaciousness and a positive mind-body balance. Join us to learn and experience simple mindfulness exercises to empty your mind and find some much-needed calm amidst the madness of your hectic day.

April 15th - Families in Touch Support Group

May 6th - Self-care/Barb Blair-Karr

This training will review the importance of self-care and stress management while being a care giver. Learn 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.

May 20th - Families in Touch Support Group

June 3rd - Communication/Christine Railsback

Have you ever communicated to someone and the meaning was lost? Is listening 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. Learn how to send and receive a message, be an effective communicator and how to deal with the "confrontation" that everyone will encounter.

June 17th - Families in Touch Support Group

July 1st - 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.

July 15th - Families in Touch Support Group

August 5th - 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.

August 19th - Families in Touch Support Group

September 2nd - De-Escalation/Tami Childs, Nicole Summers

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.

September 16th - Families in Touch Support Group

October 7th - Co-Dependency/Lindsey Gentry

What is co-dependency? 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 make healthy changes?

October 21st - Families in Touch Support Group

