



The Family Life Center

A Faith based Outreach of Northminster Presbyterian Church

http://tinyurl.com/FamilyLifeCenter (Brochures and registration forms for each group are available on the website)

Diane W. Kinsella, Director, 703 Compton Road, Cincinnati, OH 45231, Phone: 931-5777 • Fax: 931-0260 • Email: flc@nmpchurch.org

Registrations are now being accepted for the following FREE support groups.

Brochures for each group may be downloaded from the website: <http://tinyurl.com/FamilyLifeCenter>

FREE babysitting provided, with advanced registration. **Contact Diane now: 931-5777 or flc@nmpchurch.org**

Group Name (* ** = NEW!)	Description	Day	Starting	Time	Length of Session/Dates
Caregivers'	This is an educational group for all caregivers, regardless of care receiver's location.	Sundays	Ongoing; join at any time	3:30—5 PM	Monthly, except July
Crohn's Colitis	For those with Crohn's, Colitis, or IBD and their family members.	3rd Mondays	Ongoing; join at any time	7-8:30 PM	Monthly, except June, July & Dec.
Depression	Caring professionals lead this educational group that is not a substitute for therapy.	Saturdays	Oct. 3rd	9:30-11 AM	Five weekly sessions
Diabetic	Informative, educational group for people who have diabetes and their family members.	Fridays	Ongoing; join at any time	1:30-3 PM	Sept. 11 and Nov. 13
Divorce	Gain support and tools for re-adjusting your life after divorce.	Wednesdays	Oct. 14th	7-9 PM	Seven weekly sessions
Freed Up Financial Living	Learn to control your finances so they do not control you. Biblically based program.	Mondays	Sept. 14th	7-8:30 PM	Sept. 14, 28, Oct. 12, 26, Nov. 9, 23
Grief	Understand the grief process, honor your loved one, and share with others with similar experiences.	Tuesdays	Oct. 13th	7-9 PM	Six weekly sessions



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Group Name (*** = NEW!)	Description	Day	Starting	Time	Length of Session/Dates
Holistic Health & Wellness	Learn simple, effective self-care techniques to improve overall wellness.	Tuesdays	Sept. 8th	7-9 PM	Six weekly sessions
Job Search	Professional speakers lead dynamic discussions on current job search techniques	Mondays	Sept. 14th	1:30-3 PM	Ten weekly sessions
Lose it for Life	Learn to deal with the issues are your core that keep you from losing weight. Christian program. Weekly homework.	Wednesdays	Sept. 23rd	6:30—8 PM	Eleven weekly sessions
***Preparing for an Empty Nest	Prepare yourself for the loss, discover your new purpose and passion.	Thursdays	Oct. 22nd	7-9 PM	Five weekly sessions
Single Mingle	Adult singles enjoy dinner, games, conversation, and shared experience.	4th Fridays	Ongoing; join at any time	7-10 PM	Sept. 25, Oct. 23, Dec. 11
Six Weeks to a Simpler Life	Biblical study that leads to simpler, more satisfying life.	Thursdays	Call for start date	7-8:30 PM	Seven weekly sessions
***Travel Guides for the 2nd 50 Years	Create your travel plan for the 2nd half of life.	Wednesdays	Sept. 16th	7-8:30 PM	Six weekly sessions