

MONTHLY SEPARATED PERSONS SUPPORT GROUP

Separation in close intimate relationships is a painful reality for many people. Coping with this new reality can be extremely difficult on both children and adults. The Family Centre offers specific individual services for those who are separated particularly to ensure children are kept central to everybody's concern. In addition to our individual services we are now hoping to provide a Separated Persons support group facilitated by those who are themselves separated and trained in group facilitation. The group will operate under the auspices of our Family Life after Separation project. If there is sufficient interest in the establishment of this group we hope to have a monthly support group meeting. If you wish to find out more about this group please contact the Family Centre for further information.

SUICIDE AWARENESS TRAINING

This course is aimed primarily at ordinary members of the community rather than people from the caring professions. The course aims to increase awareness on the issue of suicide, challenge myths and offers the participant an opportunity to be more aware of warning signs, trigger points and prevention strategies. Participants who complete the training will have the opportunity to access a two day ASIST Suicide Prevention Training course at a future date. Places are limited, therefore early booking is essential.

Date: Saturday 20th March 2010.
Time: 10.00 a.m. - 4.00 p.m.
Facilitators: *Máire Ní Dhomhnaill*, Counsellor
The Family Centre, Castlebar, Co. Mayo
Bernie Conway, Counsellor.

Cost: €30.
Contact: Máire Ní Dhomhnaill - 094 90 25900.

This training is part funded by ESB Electric Aid.

INVITATION - SUICIDE AWARENESS TRAINING

If you would like to have a one day training course on Suicide Awareness for your group or Community, or you want a two and a half hour presentation on the same subject which would be available in the evenings, then you are invited to contact Máire Ní Dhomhnaill, Counsellor, at the Family Centre. Tel. 094 90 25900.

SUICIDE BEREAVEMENT SUPPORT GROUP

The Family Centre will offer a 5 week support group for individuals who are affected by death through suicide. The group aims to be a safe, non-judgmental and confidential place where people who have been bereaved through suicide can work towards healing and growth.

Dates: Thursdays. Feb. 11th, 18th, 25th and March 4th & 11th.
Time: 8.00 p.m. - 10.00 p.m.
Cost: Donation.
Contact: *Máire Ní Dhomhnaill*, Counsellor,
at the Centre prior to booking.

This training is part funded by ESB Electric Aid.

MONTHLY SUICIDE BEREAVEMENT SUPPORT GROUP

For those who have previously attended our weekly Suicide Bereavement Support Groups over the years the Family Centre will offer a follow up monthly support group for individuals who are affected by death through suicide. Support group meetings will typically occur on the last Thursday of each month apart from holiday times. The group will provide a safe and confidential place to help you on your journey of grief and loss.

Dates: Thursdays. March 25th, April 29th, May 27th.
Further dates will be available through contacting the Family Centre or through the Family Centre website www.thefamilycentre.com
Time: 8.00 p.m. - 10.00 p.m.
Cost: Donation.
Contact: *Máire Ní Dhomhnaill*, Counsellor,
at the Centre prior to booking.

This training is part funded by ESB Electric Aid.

VOLUNTEERING OPPORTUNITIES

RAINBOW FACILITATOR TRAINING: INFORMATION EVENING

An information evening will be provided for anybody who may be interested in training to become a Rainbows Facilitator in any of the Rainbow sites in Co. Mayo. The Information Evening will take place on:

Date: 16 September 2010.
Time: 8.00 p.m. - 10.00 p.m.
Facilitator: "Rainbow" Registered Directors.
Venue: Family Centre, Chapel St., Castlebar.

Rainbows is an organisation that provides a structured programme of support for young people between the ages of 7 years and 18 years who have been affected by a significant loss in their lives through the separation of their parents or the death of a person close to them. For those who wish to proceed to training after the Information Evening the training will take place on the evening of Friday 24th September and all day Saturday 25th September 2010. The training will be provided by Rainbow Registered Directors. After training new facilitators will be mentored by experienced facilitators. Further information is available from the Family Centre on 094 90 25900.

PROFESSIONAL TRAINING

IDENTIFYING SEXUAL DYSFUNCTION/DIFFICULTIES IN CLIENTS ATTENDING THERAPY

This one day workshop is intended for counsellors / psychotherapists to help them identify the different forms of sexual dysfunctions or difficulties that clients might present in the therapeutic setting and introduces how to start to formulate some treatment approaches. It is also one of a series of workshops that will be dealing with a broad range of sexual topics that arise in therapy.

Date: Saturday 17th April.
Time: 10.00 a.m. - 4.00 p.m.
Presenter: *Jo Hanrahan*. Jo is a Registered Psychologist, Gestalt Therapist and an Accredited Member of the British Association for Sexual and Relationship Therapy. Sex Therapy has been part of her therapeutic practice since 1986.
Cost: €80

A CERTIFICATE COURSE IN WORKING WITH TRAUMA

This is an 8 day Certificate course in working therapeutically with trauma. It will focus on equipping counsellors/psychotherapists or other professionals, who may find themselves working therapeutically with people who have experienced traumatic events, with the skills and knowledge necessary to be most beneficial to their clients. The course will include the following: why the body is important as a vehicle to display traumatic distress, treatment plans, skills to stabilise clients, and working with traumatic memory from a somatic perspective. The course will have a balance of didactic and experiential material. Further details and syllabus is available from the Family Centre.

Dates: Saturdays and Sundays 13th & 14th March, 27th & 28th March, 15th & 16th May, 5th & 6th June 2010.
Time: 10.00 a.m - 4.00 p.m each Saturday and 11.00 a.m - 4.00 p.m each Sunday.

Presenter: *Dr. Andrew J. Harkin*. Andrew is a registered medical doctor and a practicing Psychotherapist. He lectures and teaches extensively in the area of trauma throughout Western Europe and is recognised as a specialist in this area of work.
Cost: €500
The Certificate is jointly awarded by Dr. Harkin and the Family Centre.

FAITH AND SPIRITUALITY

MONTHLY MEDITATION GROUP

Monthly Meeting Group: This will be offered on the first Tuesday of each month. Using audio visual aids, it will include teaching on Meditation/Centering Prayer.
Dates: Jan. 5th, Feb. 2nd, March 2nd, April 6th, May 4th, June 1st.
Time: 7.30 p.m. - 8.45 p.m.
Presenter: *Maura Flynn, R.S.M.* Counsellor/Prayer Guide.
Cost: Free of Charge.

AN ECUMENICAL SERVICE OF REMEMBRANCE FOR CHILDREN

This Ecumenical Service of Remembrance commemorates children who have died prior to birth, through miscarriage, stillbirth, or termination or who have died in their childhood years. All parents, families and their friends who have experienced the loss of a child at anytime are welcome. The service in particular commemorates the lives of children who died in Mayo General Hospital during 2009, or whose parents received care from the hospital during that year. One of the themes of the service is that while your child may have died your bond and relationship with your child will live on.

Date: Friday 22nd January 2010.
Time: 8.00 p.m.
Venue: Church of the Holy Rosary, Chapel St., Castlebar.

ST. BRIDGET: A WOMAN FOR OUR TIMES

An evening of reflection, ritual and sharing on the life of St. Bridget and how her strengths and spirituality are still relevant in our lives today.

Date: Monday 1st February.
Time: 7.30 p.m. - 9.00 p.m.
Presenter: *Maura Gallagher* and *Maura Walsh, R.S.M.*
Venue: Sister's of Mercy, Árd Bhríde, Lawn Road, Castlebar.
Cost: Free of Charge.

POETRY AS A CONNECTION AND EXPRESSION OF OUR SPIRITUALITY

Images and language can convey powerful concepts that connect us with a sense of the spiritual in our lives. Poetry can help many people see the extraordinary in the ordinary and transcend the temporal towards the spiritual. This presentation strives to help us make these connections and enrich our spiritual lives by using chosen pieces of poetry from poets like Patrick Kavanagh and Mary Oliver, that lead us into prayerful meditation.

Date: Thursday 25th February.
Time: 8.00 p.m. - 10.00 p.m.
Presenter: *Suzanne Ryder, R.S.M.* Suzanne has spent time in Missionary work in Peru and in teaching at Second Level schools. She is a qualified spiritual guide.

Cost: €10

LEARN TO "BE STILL AND KNOW THAT I AM GOD" AN INTRODUCTION TO MEDITATION

There are many ways to pray. Sometimes we use words but words are often inadequate. We feel we should give to God but He wants to give to us. This is a one day retreat where we learn how to be still and allow God to be God through using Meditation techniques that have been tried and tested.

Date: Saturday 30th January.
Time: 10.30 a.m. - 4.00 p.m.
Presenter: *Maura Flynn, R.S.M.* Counsellor and Prayer Guide.
Cost: €10
Bring a packed lunch. Tea/Coffee will be provided.

A DAY OF REFLECTION TO PREPARE FOR LENT AND EASTER

Lent was sometimes viewed as a bleak and austere time but now thankfully is seen more as a real opportunity for growth and spiritual reflection. On this day we hope to journey together with this opportunity and discover some of the richness that Lent has to offer us as we prepare for the promise of Easter. The day will be reflective with input and prayer.

Date: Saturday 20th February 2010.
Time: 10.30 a.m. - 4.00 p.m.
Presenter: *Maura Walsh, R.S.M.* Spiritual Director.
Cost: €10

Bring a packed lunch. Tea/Coffee will be provided.



FOR INFORMATION ON OUR OTHER SUPPORT SERVICES WHICH INCLUDE:

- Individual/Marital/Family/counselling
- Mediation
- Family Life After Separation
- Support Groups
- Bereavement Care
- Spiritual Guidance
- Education in Marriage and Family Life
- Family Law Information
- Money Advice & Budgeting
- CURA

PLEASE REFER TO SEPARATE BROCHURE OR CONTACT THE CENTRE.

SUGGESTIONS

We are anxious to develop courses and support programmes in response to real needs. Should you have any suggestions, ideas or advice to offer, please send them to:

Cathal Kearney, Director, Family Centre, Chapel Street, Castlebar.

Telephone: 094 - 9025900
E-mail: info@thefamilycentre.com
Website: www.thefamilycentre.com

family centre

CHAPEL STREET, CASTLEBAR, CO. MAYO

family life services
cúram clainne
archdiocese of tuam

spring | summer programme 2010

website: www.thefamilycentre.com

tel: 094-9025900
fax: 094-9028772
email: info@thefamilycentre.com

monday - friday
9.30 a.m. - 1.00 p.m.
2.00 p.m. - 5.30 p.m.

Now you can book our courses online at
www.thefamilycentre.com



family centre, chapel street, castlebar

2010

FAMILY LIFE SERVICES

(CÚRAM CLAINNE)
ARCHDIOCESE OF TUAM

These services, based at the Family Centre, Chapel St., Castlebar, have been established by the Archdiocese of Tuam in association with the H.S.E. West and the Department of Social & Family Affairs. Our aim is to provide support for families and individuals through counselling, education and training. This programme outlines the courses offered at the Family Centre this Spring and Summer. You will always be most welcome to call in or phone the Centre should you require more information.

BOOKING

As numbers are limited for our various courses and workshops, please contact the Family Centre to ensure a place.

INSUFFICIENT ENROLMENT

In the case of insufficient enrolment courses will not take place or may be postponed to a future date.

REFUNDS

Refunds are available within two weeks of booking or prior to two weeks before a course commences, whichever comes first. No refunds are available once a course has commenced.

COST

Special concessions for the unwaged are available for our courses. While we charge for many of our educational courses our charges are intended only to cover our costs so that we can use other contributions for services such as Counselling. We are a "not-for-profit" organization.

M'ás mian leat tuille eolas a fháil faoi na cursaí seo thrí mheán na gaeilge, cuir glaoch chuig Máire Ní Dhomhnaill ag 094 9025900.

PERSONAL DEVELOPMENT

EMPOWER CHANGE IN YOUR LIFE

Empowerment is one of the absolute ingredients in creating a life that is right for you. This workshop explores the way you can use your own power to bring a sense of freedom to your life. It will help you understand how your freedom can be diminished by choices you make. It will examine the blocks and obstacles you have that prevent you from full enjoyment of your life and help you identify ways in which you can take action to clear the way for worthwhile life improvements.

Date: Saturday 6th March.

Time: 10.30 a.m. - 4.00 p.m.

Facilitator: *Michael Hardiman.* Michael is a Counselling Psychologist and has worked in the fields of private counselling, training and development for over 25 years. He is the author of five books and holds post graduate degrees in both Psychology and Philosophy.

Cost: €50.

“HAPPINESS IS A CHOICE”

This programme was so popular last year that we have been asked to run it again. The programme looks at a series of questions including: Are you happy in life generally? Do you promise yourself that in the future life will be better and you will be able to enjoy it more?

We have much more choice in life than we realise including the choice to be happy. This one day course examines ways in which we can decide and chose to be happy in the present and how our approach to life can influence this.

Date: Saturday 27th February.

Time: 10.30 a.m. - 4.30 p.m.

Presenter: *Glenda Devlin.* Glenda published her first book at the age of 21. She is a well known personality for her creative talents and vivacious nature. Although she met trying circumstances, her positive disposition has not only influenced thousands but her talents have enriched the lives of many. She portrays a philosophy that works in her publications of the “The Irish Get Up and Go Diary” each year.

Cost: €40.

ENNEAGRAM PROGRAMME

ENNEAGRAM PART I

An opportunity to examine different personality types, aimed to help you understand and see your own strengths and weaknesses, with a view to growth in wholeness and in relationships with others and God.

Dates: February 8th, 11th, 15th & 18th.

Time: 8.00 p.m. - 10.30 p.m.

Facilitator: *Benny McHale.*

Cost: €60.

ENNEAGRAM PART II

This programme is designed for those who have done Part I. It provides an opportunity to deepen your understanding of yourself and your relationships and how we all see the world through a different lens. It also helps us to explore our relationship with God.

Dates: March 8th, 11th, 15th & 18th.

Time: 8.00 p.m. - 10.30 p.m.

Facilitator: *Benny McHale.*

Cost: €60.

ASSERTIVENESS / COMMUNICATIONS COURSE

Explore ways to improve your confidence and self-esteem.

This course will help you to:

- Raise your self-esteem and confidence
- Improve communication with your partner/children/friends
- Understand what is going on in your life and enhance your skills for coping.

A course of 6 weeks duration.

Dates: Thursdays, February 4th, 11th, 18th, 25th, March 4th & 11th.

Time: 11.00 a.m. - 1.00 p.m.

Facilitator: *Maura Byrne.* Maura has presented this programme in the Family Centre over many years and it continues to be well received. She is very experienced in running self development courses. She previously worked with the HSE Health Promotion Unit.

Cost: €70.

CREATING BALANCE IN LIFE THROUGH RELAXATION AND MINDFULNESS

We move through life at a rapid pace, most of the time in a state of distraction. The mind is generally elsewhere, very often replaying the same anxious thoughts and fears. Through the practice of mindfulness and relaxation we can become aware of the busyness of the mind and allow the body to “let go” and live life to the full in the present moment.

Dates: Tuesdays, Feb. 23rd, March 2nd & March 9th.

Time: 8.00 p.m. - 10.00 p.m.

Facilitator: *Derval Dunford.* Derval has always had an interest in the mind-body connection. She studied Stress Management, Mindfulness and other complimentary approaches to ensuring her wellbeing. She has had some very difficult life experiences and in her journey of recovery from illness she has taken up the regular practice of Mindfulness, Meditation & Relaxation.

Cost: €60.

WRITING AND JOURNALING TOWARDS GREATER WELLBEING

Writing and journaling about our experiences in life in a creative way can help us to express ourselves and clarify issues that may help us to cope better in the future. In these times of change and turmoil it is of particular importance to take time to step back and

reflect. Participants will also learn more about the art of journaling in the safe space of a small group of like minded people. No previous writing experience is required.

Dates: Mondays, Jan. 25th, Feb. 1st, 8th, 15th, 22nd.

Time: 7.30 p.m. - 10.00 p.m.

Facilitator: *Bettina Petersiel.* Bettina is a teacher and a writer. She has facilitated many writing courses both privately and with various community groups. She uses these courses to enable individuals to reflect on their lives so as to enhance their life quality.

Cost: €60.

FAMILY AND PARENTING

HELPING TEENAGERS GROW WHILE STAYING “SANE” YOURSELF

The teenage years can be difficult for “teens”, parents and schools. Many “teens” struggle in adapting to their job of growing up. Parents and teachers are often at a loss to know how they can help support their young people yet keep reasonable boundaries with them. In this presentation we will explore some ideas on how to care for the young people around you while using these years as the opportunity to help them grow into self confident and thoughtful young adults.

Date: Tuesday 9th Feb. 2010.

Time: 7.30 p.m. - 9.30 p.m.

Venue: Mayo Education Centre, Westport Road, Castlebar. (Beside the GMIT)

Presenter: *Gerry Farrell.* For many years Gerry has been of great assistance to many adults in helping them to understand something of the journey of our teenagers through the teenage years. Gerry is a counsellor with the Probation Services Treatment Centre in Harristown, Castlerea. He is a tutor in Trinity College, Dublin on the Diploma in Counselling Course and he lectures widely on topics concerning young people and their growth and development.

Cost: Free of Charge.

This presentation is offered in association with the Mayo Education Centre.

PARENT ASSERTIVENESS

This course for parents teaches ways of respecting and directing ones children whilst not allowing oneself to be compromised. The emphasis is on developing positive assertiveness skills within the family, which help participants to be direct and open without being aggressive. It is facilitated by Family Centre facilitators who are themselves parents.

Dates: Tuesdays, April 13th, 20th, 27th, May, 4th, 11th, 18th.

Time: 8.00 p.m. - 10.00 p.m.

Led by: *Family Centre Parenting Facilitators.*

Cost: €40.

“TAKING OUR FAMILIES FORWARD” TAILORED SUPPORT FOR FAMILIES DEALING WITH EMOTIONAL OR BEHAVIOURAL CHALLENGES

This course is intended for parents of families who feel that they could benefit from some very specific support in developing “tailored” responses to rearing their children. The course should be particularly helpful in coping with emotional or behavioural challenges.

Free Information Night: If you are not sure whether this course is suitable for you then please come along to the free information night that will take place on Thursday 28th January 2010 at 8.00 p.m in the Family Centre.

Dates: Tuesdays, Feb. 9th, 16th, 23rd.

March 2nd, 9th & 16th.

Time: 7.30 p.m. - 9.30 p.m.

Presenter: *Stephanie Fitzgerald.* Stephanie is an Educational Psychologist who has delivered a range of courses to parents facing many challenges. She works part-time in Trinity College, Dublin and has lecturing input to the Schools of Education in University College Dublin and the National College of Art and Design. In 2007, Stephanie was the recipient of the Social Entrepreneur Award for her work in setting up a support network for parents of children with special needs.

Cost: €120 per family.

FURTHER PRACTICAL INTERVENTIONS AND STRATEGIES FOR PARENTING AND WORKING WITH CHILDREN WITH ADHD

This course is a follow up to a similar course held last Autumn. It is designed for parents and teachers who are trying to support children who have Attention Deficit Hyperactivity Disorder. The presenter will examine practical strategies and interventions that both parents and teachers can constructively use with these children. Parents and teachers will also be encouraged to share any previous experiences they may have had with ADHD that might benefit others. It is not necessary to have been at the first course if you wish to attend this one.

Date: Wednesday 21st April.

Time: 7.30 p.m. - 9.00 p.m.

Venue: Mayo Education Centre, Westport Road, Castlebar.

Presenter: *Stephanie Fitzgerald,* Educational Psychologist.

Cost: No Charge.

This course is being provided in association with the Mayo Education Centre.

FURTHER PRACTICAL INTERVENTIONS AND STRATEGIES FOR PARENTING AND WORKING WITH CHILDREN WITH ASPERGER’S SYNDROME

This evening event is identical to the one listed above except that it is concerned with children who are diagnosed with Asperger’s Syndrome. It is also a follow up to a previous course held last Autumn. Similarly, attendance at the first course is not essential if you wish to attend this one.

Date: Wednesday 19th May.

Time: 7.30 p.m. - 9.00 p.m.

Venue: Mayo Education Centre, Westport Road, Castlebar.

Presenter: *Stephanie Fitzgerald,* Educational Psychologist.

Cost: No Charge.

This course is being provided in association with the Mayo Education Centre.

LOSS AND BEREAVEMENT

THE RAINBOWS PROGRAMME

Rainbows is a group programme which supports children who have suffered a significant loss through separation, death or any painful transition. It is available for children and young people from seven years to eighteen years of age.

The Family Centre Rainbows Programme recommences on:

Wednesday Jan 13th 2010 and will continue thereafter for the following Wednesday nights, Jan. 20th & 27th and Feb. 3rd, & 10th.

Time: 7.00 p.m. - 8.00 p.m.

Led by: *Trained Rainbows Facilitators.*

Cost: Free of Charge.

A new Rainbows programme will commence in Autumn 2010. Details will be available later in the year on our website: www.thefamilycentre.com.

BEREAVEMENT SUPPORT GROUP

The Family Centre provides a Bereavement Support Service to individuals on an ongoing basis. In addition we are now establishing a Bereavement support group that will meet on a monthly basis and be facilitated by our bereavement support workers. If you would like to participate in this group please contact the Family Centre for details.

Details of our courses and support services are always available on our website:
www.thefamilycentre.com