

family life services

cúram clainne
archdiocese of tuam

spring | summer programme 2009

family centre
chapel street
castlebar
co. mayo

tel: 094-9025900
fax: 094-9028772
email: familycentre@eircom.net
website: www.thefamilycentre.com

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

for further information and bookings contact:
family centre, chapel street, castlebar
2009

A ONE DAY RETREAT FOR THOSE WHO ALREADY USE CENTERING PRAYER

A day of reflection for those who have already learnt how to pray using “centering prayer” techniques. Even if you haven’t been praying in this way for some time but would like to start again this day would be suitable for you also.

Date: Saturday 21st March 2009
Time: 10.00 a.m. – 4.00 p.m.
Facilitator: Maura Flynn R.S.M. Counsellor/Prayer Guide
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

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: familycentre@eircom.net
Website: www.thefamilycentre.com

MONTHLY MEDITATION GROUP

This will be offered on the first Tuesday of each month from February. Using audio visual aids, it will include a teaching from Fr. Thomas Keating on Centering Prayer

Dates: Tues. Feb.3rd, Mar. 3rd, April 7th, May 5th, June 2nd.
Time: 7.30 p.m. – 8.45 p.m.
Facilitator: Maura Flynn R.S.M. Counsellor/Prayer Guide
Cost: Free of charge

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 the Centering prayer techniques that have been tried and tested.

Date: Saturday Jan. 24th 2009
Time: 10 a.m. – 4.00 p.m.
Facilitator: Maura Flynn, R.S.M. Counsellor and Prayer Guide
Cost: €10

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

A ONE DAY RETREAT TO PREPARE FOR LENT AND EASTER “COME ASIDE AND REST AWHILE”

Lent is sometimes mistakenly viewed as a time when we should “suffer” in some way. However, it is instead an opportunity to deepen our relationship with God in preparation for the Mystery of Easter. It is an opportunity to claim our inheritance of belonging to an Easter people as we live in the privileged time of knowing how much God Loves us through the person of His Son Jesus. This one day retreat will help us in this work of preparation and reflection.

Date: Saturday March 7th 2009
Time: 10.00 a.m – 4.00 p.m.
Facilitator: Fr. Michael Screene, M.S.C.
Cost: €10

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

EXPLORING SEXUALITY WITHIN THE THERAPEUTIC RELATIONSHIP

This experiential workshop is for professionals working with clients who may be experiencing psychosexual difficulties. The aim of the workshop is to develop knowledge, skills and practice in support of this work.

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.

Date: Monday 18th May 2009
Time: 10.00 a.m. – 4.00 p.m.
Cost: €80

FAITH AND SPIRITUALITY

JOURNEY TO SELF DISCOVERY

In this workshop Fr. Jim Cogley will offer a day of self discovery and healing using the wood carved symbols he has created and that are illustrated in his books “The Unfolding Self” and “The Emerging Self”. The workshop will include; 1. Recognising your Worth 2. Releasing your Creativity and 3. Rediscovering your True Self.

Date: Sunday 22nd Feb
Time: 10.00 a.m. – 4.30 p.m.
Venue: Family Centre, Castlebar.
Facilitator: Fr. Jim Cogley, Psychotherapist and Woodturner.

Fr. Jim Cogley was born in Wexford and has worked in the parish of Kilmore Quay since his ordination in 1980. He has many years teaching experience, he is a trained psychotherapist and a counselor supervisor.

Cost: €50

SPIRITUAL RECOVERY AND SEARCH FOR WHOLENESS

This workshop is a follow on from “Journey to Self Discovery” and will address issues such as: Finding God “Within and Without” rather than “Above and Beyond”. Drawing from your inner Spiritual well. What is “Life-giving Spirituality?”

Date: Monday 23rd Feb
Time: 10.00 a.m. – 4.30 p.m.
Venue: Family Centre, Castlebar.
Presenter: Fr. Jim Cogley.
Cost: €50

Centre. Colm has had extensive experience in this difficult area of work. He also has undertaken significant research on this topic in the Irish setting.

Dates: Monday 20th April
Time: 9.45 a.m. – 5.00 p.m.
Venue: Family Centre, Castlebar.
Cost: €90

COGNITIVE BEHAVIOUR THERAPY

This is a professional two day training course in Cognitive Behaviour Therapy. Participants will ideally have a professional qualification in counselling, psychotherapy or similar. This training will introduce participants to the basic concepts of CBT and the application of CBT to a range of mental health issues. The delivery of the CBT training will be essentially participative and experiential. The leader will help participants understand the approaches by input and illustration to increase knowledge. Theories will be explored through exercises, in pairs, small group and large groups. Participants may also be shown audio-visual recordings of leading practitioners at work and have an opportunity to discuss.

Participants may use this course as the first two days of the 5 day Professional Certificate in Cognitive Behaviour Therapy.

Presenters: PCI College staff.
Day 1: Foundation level Theory and Practice Thursday 26th February 2009
Day 2: Behavioural & Cognitive Strategies in CBT Friday 27th February 2009

Times: 9.45 a.m. – 5.00 p.m. both days.
Venue: Family Centre, Castlebar.
Cost: €200

DEPRESSION AND ANXIETY - A COGNITIVE BEHAVIOUR THERAPY APPROACH

This is a professional two day training course in Cognitive Behaviour Therapy. Participants will ideally have a professional qualification in counselling, psychotherapy or similar. This training can be used as a stand-alone course or as the second set of two days training towards a Certificate in Cognitive Behaviour Therapy.

Presenter: PCI College Staff.
Day 1: Depression and CBT. Thursday 26th March 2009
Day 2: Anxiety and CBT. Friday 27th March 2009

Times: 9.45 a.m. – 5.00 p.m. (both days).
Venue: Family Centre, Castlebar.
Cost: €200 in total for the two days.

widely on topics concerning young people and their growth and development.

Cost: Free of Charge

This seminar is offered in association with Mayo Education Centre, Old Westport Road, Castlebar.

BEING A “DAD” WHEN YOUR CHILD DOESN’T LIVE WITH YOU

This seminar will include the following topics:

- Building meaningful relationship with your child
- Access, Custody, Guardianship.
- How to talk with your child’s mother about the needs of your child

Date: Monday March 2nd
Time: 8 p.m. – 9.30 p.m.
Venue: Family Centre, Chapel St., Castlebar
Presenter: Catie Bellamy, Family Life after Separation Project, Family Centre.
Cost: Free of Charge.

Fathers and their extended family are welcome to phone for more details.

Contact: Catie Bellamy, Family Life after Separation Project, Family Centre

PARENTING THE PRIMARY SCHOOL CHILD

A six week programme which will help develop your parenting skills as your child grows up.

Date: Wednesdays Feb. 18th, 25th, March 4th, 11th, 18th, 25th.
Time: 8.00 p.m. – 10.00 p.m.
Led by: Family Centre Parenting Facilitators
Cost: €50

PROFESSIONAL TRAINING

ASSESSING DOMESTIC VIOLENCE

– WORKSHOP FOR PROFESSIONAL STAFF

This one day workshop is a follow on training day for those who attended a two day event on the same topic in the Family Centre at the end of last year. The workshop will be focused on assessing the risks of domestic violence when working with individuals or couples who may be affected by it.

Presenter: Dr. Colm O Connor, Cork Marriage Counselling

FAMILY LIFE SERVICES (CÚRAM CLAINNE) ARCHDIOCESE OF TUAM

These services, based at the Family Centre, 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. 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 glaach chuig Máire Ní Dhomhnaill ag 094 9025900.

PERSONAL DEVELOPMENT

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: Feb. 10th, 12th, 17th and 19th.
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 1 and provides an opportunity to deepen our understanding of self and ones relationships with others and with God.

Dates: March 3rd, 5th, 10th and 12th.
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 8 weeks duration

Dates: Thursdays. Jan. 22nd, 29th
Feb. 5th, 12th, 19th,
Mar. 5th, 12th, 19th

Time: 11.00 a.m. -1.00 p.m.
Facilitator: Maura Byrne, a tutor with the Health Promotion Unit of the H.S.E. Maura has considerable experience in running self development courses over many years.
Cost: €70

MANAGING STRESS IN YOUR LIFE

Stress occurs in all our lives. How we manage stress can determine our sense of wellness. This course is designed to help you manage stress in healthy ways in your life.

A course of six weeks duration

Dates: Tues. Jan. 27th
Feb. 3rd, 10th, 17th, 24th
Mar. 3rd

Time: 11.00 a.m. -1.00 p.m.
Facilitator: Maura Byrne, a tutor with the Health Promotion Unit of the H.S.E. Maura has considerable experience in running self development courses over many years.

Cost: €60

WRITING AND JOURNALING TOWARDS GREATER WELLBEING

Writing and journaling about our experiences in life can help us to express ourselves and clarify issues that may help us to cope better in the future. 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: Mon. Jan. 26th
Feb. 2nd, 9th, 16th, 23rd
Mar. 9th

Time: 8.00 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

“ANGER IS ALL THE RAGE”, AN INTRODUCTION TO ANGER MANAGEMENT

Anger is a natural, healthy human emotion. However, when it is expressed inappropriately, anger can become dangerous and destructive; often harming those we love the most. Unchecked anger can have enormous costs in your life – from the loss of employment, loss of relationships to loss of health. This introductory evening will provide an insight into the different aspects of anger including; Definitions of anger. Can anger be healthy? Sources that trigger our anger. Exploring “anger styles”. Examining hostile behaviour.

Presenter: Peter Devers. Peter is a Regional Consultant with the Irish Association for Anger Management. He also works as an accredited Psychotherapist, Supervisor and Trainer in Co. Mayo.

Date: Thursday 26th March 2009
Time: 8.00 p.m – 10.00 p.m.
Cost: €20

REDESIGNING YOUR LIFE MAP

Everybody constructs a psychological map for guiding themselves through life. This map is based on many influences: childhood, family, society and education. This one day workshop is designed to help you to understand the map you are using for living your life. It will help you identify those areas of change that can lead to better life fulfillment.

Date: Saturday 28th March 2009
Time: 10.00 a.m. – 4.30 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: €60

VOLUNTEER TRAINING

RAINBOW FACILITATORS TRAINING

This training is an opportunity for those who are interested in becoming Rainbows Facilitators in the future to complete the required training. This training is subsequently followed by mentoring with experienced Rainbow Facilitators.

Application forms are available from the Family Centre.

Date: Saturday April 25th
Time: 10.00 a.m – 4.30 p.m.
Facilitators: Registered Rainbow Directors.
Venue: Family Centre, Castlebar.
Cost: €60

BEREAVEMENT AND LOSS

THE RAINBOWS PROGRAMME

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

Recommences: Wednesday Jan 7th
Time: 7.00 p.m – 8 p.m.
Cost: Free of Charge
Led by: Trained Rainbows Facilitators

New programme will commence in Autumn 2009. Details will be available on our website www.thefamilycentre.com when it is organized.

HOW PARENTS EXPERIENCE

THE DEATH OF A CHILD

Through the death of a child we lose not just the present but future dreams and hopes. Nothing can take away the sadness and yet somehow being with people who have had a similar experience can prevent a sense of isolation. This presentation by the Anam Cara organization can help both parents affected by a child's death and also those who wish to learn about how they can help to support other people in similar situations.

Presenters: “Anam Cara” Parents.
Date: Wednesday 22nd April
Time: 8.00 p.m. – 10.00 p.m.
Cost: Donation.

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 booking early is essential.

Date: Saturday 4th April 2009
Time: 10 a.m. - 4 p.m.

Facilitators: Máire Ní Dhomhnaill; Counsellor: The Family Centre. 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 then you are invited to contact Máire Ní Dhomhnaill, Counsellor, at the Family Centre.

Telephone: 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: Thursday March 5th, 12th, 19th, 26th, April 2nd
Time: 8.00 p.m. – 10.00 p.m.
Cost: Donation
Contact: Máire Ní Dhomhnaill, Counsellor, at the Centre prior to booking.

This programme is part funded by ESB Electric Aid

FAMILY AND PARENTING

THE PSYCHOLOGICAL ASPECTS OF COPING WITH CANCER IN YOUR FAMILY

Regretfully all too many families are affected by cancer. Coping with this illness can be extremely difficult. Understanding different ways of coping can be very beneficial. In this presentation Dr. Greally examines ways in which we can try to cope psychologically.

Presenter: Dr. Helen Greally, Director of Psychology and Support Services, Cancer Care West.
Date: Thursday 19th March 2009
Time: 8.00 p.m – 10.00 p.m.
Cost: Free of charge.

This programme is being provided in association with Cancer Care West and Mayo Cancer Support Group.

MANAGING CONFLICT WITH TEENAGERS

Many parents find it can be really difficult to parent some teenagers. They all have their own unique personalities and it can be a challenge to allow for their growing independence while keeping your relationship with them healthy. Setting reasonable boundaries is not always easy.

This seminar will look at skills that parents might use to help them to do their best for their family while respecting themselves at the same time.

Date: Tuesday 24th February 2009
Time: 7.30 p.m.
Venue: Mayo Education Centre, Westport Road, Castlebar.
Presenter: Gerry Farrell. Gerry is a counselor with the Probation and Welfare Service Treatment Centre in Harristown, Castlerea. He is a tutor in Trinity College, Dublin on the Diploma in Counselling Course and lectures