

connections

Offering a beacon of hope to the church and the community



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- Do you text your child more than you talk to them?
- Has Myspace invaded your space or increasingly robbed you of time with family?
- It was a rarity to see your kid's face in a book and now Facebook is the only thing they read!

These social networking systems are a huge part of our lives and it has transformed the way we interact. However, despite the pleasures, a growing body of research points to pitfalls...particularly within the lives of our teenagers.

At 6 p.m. on Wednesday, March 30, Jacob Steele, MA, PC-CR, will present: ***"RU4it OR Not?"***

This one hour presentation will cover:

- Pros and Cons accompanying Computer-Mediated-Communication
- Why Social Networking Systems (SNS) like Facebook, Myspace and Twitter are so popular
- The impact SNS has on teenage relationship formation
- Research and possible links with Computer Mediated Communication and depression
- Suggestions/Ideas for the future

If you are a parent or teacher, this presentation will be of great value! Sponsored by Central College Christian Counseling, this presentation will take place in Central College Church's Ballard Hall. *Due to space limitations, please sign up by calling Jake at 614-865-0513 ext. 172.*



People have a common belief that they have the power to control someone else's behavior. This is false and a new truth needs to be adopted.



Christian Counseling, has years of experience with this group and will help participants identify and work through the effects of sexual betrayal due to their spouse/boyfriend/ex's affair, pornography addiction, or same-sex attraction.

Mondays at 7:00pm, starting April 4. Central College Presbyterian Church, Chapel library 975 S. Sunbury Rd, Westerville. Cost*: \$20/session or \$150 (includes all 10 sessions) if paid in full by April 4. Contact Brenda at 614-865-0513 x190 or bsmith@ccpc.us for more information or to register for this group.

**Limited scholarships available. Pre-registration required.*

From Fantasy to ETERNITY

Sex plays a crucial role in our experience as humans. It is God's gift of deepest intimacy with another person. But when we lose control of our sexual behavior, emotional and psychological devastation can follow quickly behind.

Sexual addiction falls into a difficult and poorly defined region of mental health disorders, resting elusively between impulsive and compulsive behaviors on a self-control continuum. Out of control sexual activity leaves the user scrambling to find treatment that brings long-term peace and stability.

This 10 week group begins by helping men evaluate how their sexual behavior obscures values, hopes, and dreams. Then an understanding of the Process of

From Reeling to healing

Overcoming the effects of sexual betrayal - A 10 week Christian, trauma-recovery based therapy group for women

The devastating effects of sexual betrayal on the injured spouse has been shown to parallel the criteria for post-traumatic stress disorder with intense emotions that vacillate between rage toward the participating partner and inward feelings of shame, depression, overwhelming powerlessness, victimization, and abandonment.

Brenda Smith, counseling intern at Central College



Change and the Cycle of Addiction prepares individuals for methods to make substantial long-term changes in their life regarding sexual behavior.

Whether you struggle with promiscuity, affairs, pornography addiction, or same-sex encounters, from *Fantasy to Eternity* gives you an eternal perspective for sexual renewal.

This group will meet for 10 Tuesdays from 7:00 - 9:00 pm, starting April 5, at Central College Presbyterian Church, 975 S. Sunbury Rd, Westerville. Cost: \$20/session or \$150* (includes all 10 sessions) if paid in full by April 4. Contact Mark Smith, MA, PC-CR, at 614-432-6870 or mark@iccounseling.com for more information or to register for this group.

**Scholarships available Pre-registration required.*



The combination of support group and educational videos helps many people in the healing process.

April 5 - June 28 at Central College Christian Counseling

DivorceCare, a special help video seminar and support group for people experiencing divorce or separation, will be held at Central College Christian Counseling for 13 consecutive Tuesdays, starting April 5 and running through to June 28. The *DivorceCare* videos feature nationally recognized experts on divorce and recovery topics. Seminar sessions include “Facing My Anger,” “Facing My Loneliness,” “New Relationships” and “Forgiveness.”

The *DivorceCare* group will meet in the counseling building from 7:00 – 8:30 p.m. The cost is a one-time fee of \$20 which will cover the cost of your workbook.

You may register online at www.ccchristiancounseling.com/contact/ or leave a voice mail in the general mailbox at 614-865-0513.

In order to receive your workbook for the first session, participants must RSVP by Friday, April 1.



Ten Steps to Positive Parenting

Many parents struggle with disciplining their preschool or elementary age children. Their actions are more commonly reactions and their self-control flies out the window at the first sign of disrespect. For five consecutive Wednesday evenings, Central College Christian Counseling will be hosting “*Ten Steps to Positive Parenting*,” to help parents overcome the power struggles they experience with their small children.

This interactive class involves role playing and guidance for individual circumstances and helps parents learn:

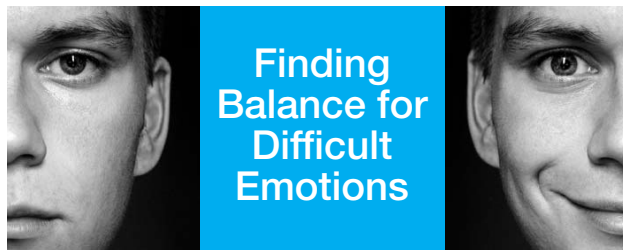
- how to communicate with their child to encourage listening and response,
- what is normal for their child’s developmental stages,
- the difference between passive, aggressive and assertive communication techniques,
- ways to teach children problem-solving skills that seek solution vs. blame, and
- many other practical skills that are taught in a safe and fun environment.

Classes are taught by the director of Central College Christian Counseling, Leslie Marshall, MA, PCC, and take place each Wednesday between April 6 and May 4. The group will meet in the counseling center, from 6 to 8:30 p.m.

The fee is \$50/session (that's just \$10/week) and includes 12.5 hours of parenting education from a professional clinical counselor. Childcare is available at \$5/child per week, but must be requested 48 hours in advance of each session. For a nominal fee. Requests must be made by March 31. You may register online at www.ccchristiancounseling.com or contact call our office at: 614-865-0513 x 175.

Rising Above involves dialectical behavior therapy which is proven extremely successful with people who experience mood disorders, self-injury or have experienced abuse or chemical dependency.

Rising Above:



Finding
Balance for
Difficult
Emotions

Our emotions are God given. Happiness is a byproduct of being with friends, the vision of beauty in nature, or the birth of a child. Even fear can be positive as it shows us we need to fight or flee. But, for some, the intensity of their emotions becomes overwhelming, resulting in shame and a loss of self-control. Over time, even normal life stressors can seem extremely difficult. This heightened distress leads to painful thoughts and feelings that won't go away, impacting overall health, well-being and cognitive functioning. This group is designed to bring positive change into the lives of people who are struggling to maintain balance when emotions become overwhelming.

"Rising Above" is a 10 week group that will help participants manage overwhelming emotions and strengthen a person's ability to handle distress. Some of the topics that will be covered are 'improving the moment', 'developing your wise-mind', and 'balancing thoughts, emotions, and behaviors'.

Participants will learn strategies to:

- 1 Increase positive emotions
- 2 End cycles of depression and anxiety
- 3 Cope with emotions in a healthy way
- 4 Untangle complicated emotions

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"Rising Above: Finding Balance for Difficult Emotions," is led by Central College Christian Counseling's staff psychologist, **Dr. Donna McClure**, and co-led by counseling intern **Brenda Smith**. This 10 week class will start on **Thursday, May 12, at 6:30pm in the counseling center, room 102**. The cost is **\$60 per session**. Many insurance plans are accepted and scholarships are available to help cover the cost. **Pre-registration is required.**

For more information or to register for this group, please contact Brenda Smith at 614-865-0513 x190 or bsmith@ccpc.us. **Space is limited, so call today to reserve your spot.**

TIP
We tend to react to stressors based on our feelings instead of stopping to think about how we feel, then choosing how we could better respond.