

Adjusting to Life's Changes



*It only takes one person to change
your life: YOU*

Ruth Casey

Brought to you by:

MOHR is all about:

Moving
On to
Healthy
Relating

- Self-discovery and exploration
- Improved self-esteem
- Self-empowerment
- Improved communications skills
- Breaking unhealthy relationship patterns
- Forming healthy relationships

Adjusting to Life's Changes is a 12-week workshop covering these topics:

Sessions	Topics
1	"To Be or Not To Be?"-Part I <i>(The Two Types of Endings)</i>
2	"To Be or Not To Be?"-Part II <i>(The Two Types of Endings)</i>
3	In Search Of Ourselves <i>(Values Change During Life Transitions)</i>
4	Transitions Can S.L.A.M.U.S. <i>(Events That Precipitate Transitions)</i>
5	Useless Endings <i>(Identifying the Signs of Repetition Compulsion)</i>
6	Is This Necessary? <i>(Assessing the Need For A Termination)</i>
7	You're Dis'n Me! <i>(The Grief Journey)</i>
8	On The Road Again-Part I <i>(The Self Renewing Person)</i>
9	On The Road Again-Part II <i>(The Self Renewing Person)</i>
10	Re-Creation <i>(The Experimenting Phase Of Life Transition)</i>
11	Visioning <i>(The Six Elements That Influence Visioning)</i>
12	Is This Stuff Working? <i>(Assessing The Group Transition Capacity)</i>

Facilitator: Carrie Hansen, MA, MSW, LCSW-C

Columbia Location
New Hope Lutheran Church
8575 Guilford Road
Columbia, MD 21046

Thursdays, 7:00 - 9:00 PM

Crofton Location
Prince of Peace Presbyterian Church
Fellowship Hall
1657 Crofton Parkway
Crofton, MD 21114
Mondays, 7:30 - 9:30 PM

Registration and Assessment are required.

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