

Groups at Anchorpoint

Anchorpoint's groups reach a variety of ages and issues experienced. Some groups offered are for those struggling with mental health difficulties. Other groups will be workshops for the average individual with an interest in a particular area. Below are the Fall offerings. Check our website for updates: www.anchorpointcounselingministry.org.

Benefits of joining a group:

- A sense of hope and that you're not alone
- The chance to learn from experts and group members
- An opportunity to connect with and learn from others
- A place to meet people with like issues or interests

"It was comforting to meet in a group setting and to realize that others have similar problems. We all attempted to help each other in our group when group members wanted help."

Grief Support Group for Widows & Widowers Over Fifty: Hosted by St. Sebastian's in Haber Hall. Donations accepted. 2nd & 4th Wednesdays, 1:00 to 2:30 pm.

"I see that I am not alone in my situation."

Self-Care for Women: Eight week support and educational group for women struggling with stress or depression and its effects in their lives. \$5 per session; scholarships available. Tuesdays: 6:00 to 8:00 pm.

"Group has given me new strength to keep on fighting my fight. It's such a wonderful thing hearing that you aren't the only one dealing with certain issues. It's even more wonderful hearing positive encouragement from others listening to your story."

Self-Care In Action: A group of women working together to live more confident, energized, self-aware, and joy-filled lives. Expect to embrace hope, battle insecurity, and confront difficult life problems in a safe and laughter-filled setting. \$5 per session; scholarships available. Monday evenings 6:30-8:30 pm..

Sanctuary—Empowering Teen Girls: Support group for girls grappling with sadness, loneliness, fitting in, assertiveness, body image and more. New format coming this Spring.

"As much as I thought this would be a waste of time, it wasn't! I learned to be myself and be comfortable with it."

S.P.I.N. For Single Moms & Their Kids (Single Parent Information Network): Be empowered physically, mentally and spiritually. For two hours of your time, you'll be treated to a free meal, great conversation, and homework help for the kids. Wednesdays twice a month: 6:00 to 8:00 pm.

"This SPIN Group is really fun and cool. It also helps my mom to calm down. The group gives me the ability to meet kids with single parents."

Relationship, Marriage and Parenting Workshops:

See the reverse side for a list of available topics.



Saving Families - Saving Lives
AnchorpointCounselingMinistry.org

Some of these groups/workshops are free due to generous grants, for others a donation is appreciated, and in some cases your health insurance will cover you. Scholarships are also available. Do not let lack of financial resources keep you from registering.

For more information and to register call 412-366-1300 or email: Cassy Wimmer, LSW (cwimmer@anchorpointcounselingministry.org) or Mandy Jabbour, LSW (mjabbour@anchorpointcounselingministry.org)



Invite Anchorpoint to come to you...

Call us at 412-366-1300 to schedule a workshop at your location. Dynamic relationship and parenting workshops hosted at your location and facilitated by an ACM Counselor. The cost per workshop is only \$115 due to our generous supporters. \$300 for three workshops. \$500 for six workshops. Mix & match Relationship and Parenting topics to suit your group's needs. Visit our website for more information on sponsoring and hosting a workshop. Anchorpoint-CounselingMinistry.org (Click on the Education & Support Tab)

Relationship Workshops

Learn how to set boundaries and gain tools and strategies to enjoy healthy relationships that thrive.

For Married Couples

- The Purpose of Marriage: Happiness or Holiness?
- Learning to Communicate 1: Recognizing and Reciprocating Positive Sentiment
- Learning to Communicate 2: Solving the Solvable
- Learning to Communicate 3: Understanding the Unsolvable
- Who is This Person? Learning to Love Who You Married, not Who You Thought You Married
- The Marital Team: Getting on the Same Page When You Feel Like You're Not Even Reading the Same Book
- Blended Families: How They Are Unique: Why it Matters
- Sex, Money, and In-laws: Things We Fight About Most and How It's All Related
- Taking out the Trash: Marital Habits to Kick and How to Kick Them.
- When the Honeymoon is Over: Replacing the "Room-Mate Syndrome" with Romance
- Gettin' Better All the Time: Making a Good Marriage Great

For Singles

- You Can't Marry the Man (or Woman) without Getting the Family too
- Why is Dating so Hard? Navigating Cultural Detours
- Red Flags in Dating: How Rose-colored Are Your Glasses?
- Dating as a Single Parent
- How to Avoid Falling for a Jerk (or Jerkette) - 6 week workshop

"This workshop provided a friendly place to learn how to love your spouse better."

"I honestly didn't know the skills to save my marriage--or if it was worth saving--before this class!"

"I learned positive ways to address and handle the many challenges of marriage."



Parenting Success Workshops

Raising a child can sometimes be difficult. We can help. Parents will make connections, share strategies on what is and is not working for them, and learn new skills to support positive parent-child relationships. Hosting one of these workshops is a wonderful opportunity for parent groups, churches, schools, scouts and youth leaders to equip families to journey through life's parenting pressures and transitions.

Featured Parenting Workshops

(Can be adapted to various age groups)

- Raising Responsible Kids
- Combating Overindulgence with Gratitude
- Bully-Proofing Your Kids
- Key Developmental Building Blocks for Children
- Blocks for Raising Resilient Children
- Selling Kids Out: Body Image and the Media
- The Family Connection & Managing Conflict
- Understanding the Social Life of 10-15 Year olds
- The Teen Brain: Dangers and Opportunities
- Who's in Charge? Boundaries with Teens
- Managing Screens & Technology in your Home
- The Family Economy: Chores & Allowances



"Our situation has calmed down greatly and I do utilize skills/actions that you shared. I will always remember your kindness and compassion."

"I feel grateful that Anchorpoint was there for me during those years when my children were so young and I needed support with my parenting skills."

Supporting Kids with ADHD

Equip your teachers, Sunday school staff, and child care providers with the tools for making positive connections to support children with ADHD.

"As a high school teacher we are usually well informed when a student has been diagnosed and has an IEP. Many, however, fall through the cracks and go undiagnosed. This experience helped me to better see the signs of ADHD on my own and what to do once I see them regardless of an 'official or professional' diagnosis."