

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.

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

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. Mondays: 6:00 to 8:00pm

"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. This group is ongoing, as participants choose when they are ready to graduate. Prescreening is required. \$5 per session; scholarships available. Monday evenings 6:30-8:30 pm

Military & Veteran Benefits Group: Connect with other military members and veterans; help each other by sharing experiences; explore organizations, tools and resources to enhance your life or help you transition to civilian life; and more. Saturdays: 10:00 am.

Sanctuary—Empowering Teen Girls: Ten week support group for girls grappling with sadness, loneliness, fitting in, assertiveness, body image and more. \$5 per session; scholarships available. Tuesdays: 4:00 to 5:30 pm.

"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 (Single Parent Information Network): Be empowered physically, mentally and spiritually. For less than 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: 6:30 to 8:00pm

"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."

Life After Divorce: Twelve week educational group for people trying to make sense of life after divorce and learning to cope with the experience. Major insurance accepted. Tuesdays: 6:30 to 8:00 pm.

Relationship, Marriage & Parenting Workshops: See the reverse side for a list of available topics.



Anchorpoint
Counseling Ministry
Formerly North Hills Youth Ministry

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 contact:

Cassy Wimmer at 412-366-1300 ex. 105 or
cwimmer@anchorpointcounselingministry



Invite Anchorpoint to come to you...

Call us at 412-366-1300 to schedule a workshop at your location. ACM Staff will facilitate one of the workshops below at your site, school, church, or library. The cost per workshop is only \$115 due to our generous supporters. \$300 for three workshops. \$500 for six workshops. Mix & match Marriage & Relationship and Parenting & Family topics to suit your group's needs. Visit our website for more information on sponsoring and hosting a workshop. AnchorpointCounselingMinistry.org (Click on the Education & Support Tab)

Marriage & Relationship Workshops

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 & Family Workshops

Preschoolers

- Love Your Child Enough to Set Limits
- Tears and Tantrums
- Understanding Your Preschooler's Temperament
- 5 Tips to Avoid Overindulgence

5-12 Year Olds

- Selling Kids Out: Body Image and the Media
- Bully-Proofing your Kids
- What Kids Need to Succeed: *Eight Building Blocks to Raise Good Kids*
- Raising Responsible Kids
- Sibling Rivalry: *8 Strategies to Reduce Conflict*
- 5 Tips to Avoid Overindulgence
- Love & Logic: Common Sense Discipline
- The Family Economy: Chores & Allowance
- Managing Social Media in Your Home

12-18 Year Olds

- 12 Big Ideas to Change Your Life with Teens
- Selling Kids Out: Body Image and the Media
- Cars and Curfews
- The Dating Game
- Love & Logic: Common Sense Discipline
- What Teens Need to Succeed: *Eight Building Blocks to Raise Good Kids*
- The Teen Brain: Danger and Opportunity
- Understanding the Social Life of 10-15 year olds
- Who's in Charge? Boundaries With Teens
- Managing Social Media With Your Teens
- The Evolving Relationship With Your College Student: *What is Your Role Now? What your Student Needs from you? How to Connect from Afar?*

"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."

"Everything was helpful and addressed issues that I hadn't even thought about. Very useful information!"



Parenting with Love & Logic

Does it feel like pulling teeth to get your kids to listen, do homework, or do their chores? You're not alone! This is a six week parenting and support program will equip parents to raise responsible kids, and change lives.