

## Job Loss Support Group

*Are the ups & downs of looking for work keeping you awake at night? Questioning your value and importance? Discouraged by the lack of follow-up of employers?*

**YOU ARE NOT ALONE!**

Get new ideas, gain motivation, and build confidence through the Catholic Charities/Immaculate Heart of Mary Job Loss Support Group. The group is open to all interested job seekers, regardless of faith or parish affiliation. The 2012 group meets every other Wednesday beginning with January 4th. Come to as many or few of the sessions as you like.

The group meets at the Immaculate Heart of Mary Church (Lourdes Room), 7820 Beechmont Avenue, Anderson Township. Each session runs from 7:30pm-9:00pm.

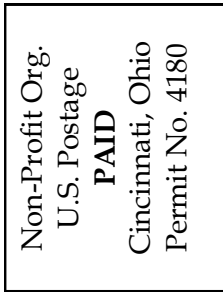
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CONTACT Sandy Keiser to schedule these programs in your community. She can be reached at 513--241-7745 or [skeiser@catholiccharitiesswo.org](mailto:skeiser@catholiccharitiesswo.org).

CEU credits are available for select programs through the Ohio Counselor & Social Worker Board.

Counselor Provider #RSX04001  
Social Work Provider #RSX028902

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100 East Eighth Street  
Cincinnati, Ohio 45202

[catholiccharitiesswo.org](http://catholiccharitiesswo.org)



## Parenting & Family Programs for People of All Faiths

***Learn, Grow, Succeed***

**January—April 2012**



## Growing Up Again

*One size fits all? Not with parenting.* Learn a variety of ways to reach your children, balance your love with limits, and gain confidence as a parent in today's complicated world.

The four-week course begins Thursday, January 12th and runs through February 2nd. Each two-and-a-half hour class begins at 7:00pm at the Hyde Park Health Center, 3983 Rosslyn Drive. The cost is \$60/person which includes the book and the materials.

## Better than Yelling

*Do you find yourself yelling too much at your children, spouse or others? Have others told you that you are too angry?* Learn how to decrease yelling and build more satisfying relationships. Learn how to manage feelings and conflict, and ways to change your words and actions.

The two-hour workshop will be held on Tuesday, January 24th starting at 7:00pm at Cincinnati Children's Hospital Fairfield, 3050 Mack Road, in the 2nd Floor Conference Room. The fee is \$15/person.



*All programs are presented by  
Sandy Keiser, LISW-S,  
Catholic Charities*

## Responding to Tantrums Without Throwing One of Your Own

*Do your children throw tantrums that leave you bewildered? Do you often lose your cool when your children lose theirs?* Learn how to help your children deal with their anger, disappointment and sadness. Learn how to react, what to say, and the underlying causes.

This two-hour workshop will be held on Tuesday, February 28th, starting at 7:00pm at Cincinnati Children's Hospital Fairfield, 3050 Mack Road in the 2nd Floor Conference Room. The fee is \$15/person.

## TIME-IN (When Time-Out Isn't Working)

*Has sending your child to time-out stopped working? Are you out of ideas on how to get your child to listen and follow directions?* Learn the new tools available to positively and constructively discipline your children. Learn what to do, how to teach responsibility and problem solving, and how to follow-through.

This two-hour workshop will be held on Thursday, April 19th, starting at 7:00pm at Mercy Hospital Western Hills in Fitness Room B. The fee is \$15/person.

## Forgiveness: The Gateway to Peace

*Is there someone in your life who did something to you that still causes pain and strife? Do you want to forgive but don't know how?* Explore the role of forgiveness in your life. Learn about the need for forgiveness, how to deal with the feelings, and how to take the first step.

This two-hour workshop will be held Thursday, March 8th starting at 7:00pm at Immaculate Heart of Mary Parish (Heritage Hall East), 7820 Beechmont Avenue in Anderson Township. The fee is \$15/person.

## Dealing with Job Loss for Family, Friends & Colleagues

*Have you or someone you care about lost their job? Are you worried about the impact of job loss on your family?* Obtain support from others in similar situations. Learn what to say, how to provide support, and how to cope.

This two-hour workshop will be held on Thursday, February 16th starting at 7:00pm at the Holy Trinity Parish Undercroft on 2420 Drex Avenue, Norwood. There is no fee for this program. Open to family, friends and colleagues. Co-presented with Mary Hurlburt, LifeSpan Ohio.



For more information or to register, call Sandy Keiser, Community Education Specialist & Consultant for Catholic Charities SouthWestern Ohio. She can be reached at 513-241-7745 or [skeiser@catholiccharitiesswo.org](mailto:skeiser@catholiccharitiesswo.org).