



Ecclesia Christian Counseling News

Where the Spirit of the Lord is, there is freedom.

November 2009

Siblings Without Rivalry: A Parenting Book Club and Workshop

Do you feel as though your kids are constantly arguing, they don't listen to you, or that your parenting is ineffective? Are you and your spouse on opposite pages and have frequent conflicts over the kids behavior or parenting? If this sounds like your home, you are not alone!

Beth Henrickson, LMHC will be holding a six week parenting book club utilizing "Siblings Without Rivalry: How to Help Your Kids Live Together So You Can To" by Adele Faber and Elaine Mazlish.

This workshop is designed to help parents utilize techniques that help reduce sibling rivalry and promote a more effective parenting strategies. This group requires you to do some reading each week, change ineffective parenting (including yelling), and to get on the same page as a couple in parenting your children.

This group will be held on Friday from 6:30-8 beginning November 6. The cost for the six week workshop is \$300 for a couple and a \$50 discount is offered if payment is received in full by the first group. For more information or to register, please call the office.



Dec 5 & 6
6PM-8PM
Our Savior Lutheran Church
Rts 140 & 2A, Westminster, MA
Living Nativity
www.our-savior-lcms.org



Menopause:

Managing Change Naturally

Our Speaker's Night will be held Thursday, November 19th beginning at 7:00PM. Joe Serios, RPh, a natural pharmacist, will present a Power Point presentation highlighting chemical and emotional changes experienced by menopausal women, the history and results of the medical community's interventions, and new approaches to care. Questions regarding HRT and alternatives will be discussed. Please call to confirm attendance. 978-874-5700

Psalm 106

Praise the LORD.

Give thanks to the LORD, for he is good;
his love endures forever.

Sharing or Gossip; How to Tell the Difference

"We should fear and love God so that we may not belie, betray, slander nor defame our neighbor but defend him, speak well of him and put the best construction on everything."

- ◇ Something negative must be said about somebody if it is necessary that it be known such as behavior that is a threat to someone.
- ◇ Full disclosure can be made in a counseling session where such conversation is held in confidence.
- ◇ Do not disclose a person's name while asking for prayer, only the negative issue at hand.

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