

WELLSPRING SUPPORT MINISTRY



For All the Seasons of Life

Caring about you ...

Caring about others ... In Christ

First United Methodist Church Plano's **Wellspring Support Ministry** provides emotional support and spiritual encouragement during life transitions through Christian fellowship and guidance.

- Bariatric Support Group
(2nd Tuesdays)
- *Boundaries*
(8-week seminar)
- Building Healthy Relationships
(6-week seminar)
- Career Transition Support
(Tuesdays)
- *Celebrate Recovery*® addiction recovery connection
- Co-Parenting with a Difficult Ex
(4-part seminar)
- Divorce Recovery
(6-week seminar)
- Grief Recovery
(8-week seminar)
- *Life's Healing Choices*
(8-week seminar)

Building Healthy Relationships

Learn skills and gain understanding to build or rebuild your relationships with others through teaching and discussion with Christian support and encouragement.

To register:

wellspring@firstmethodistplano.org

For more information

Dr. Carolyn Maurer

972-867-2145

cgmaurer1@verizon.net

Rev. Alice Coder

972-423-4506

acoder@firstmethodistplano.org

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PLANO

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BUILDING HEALTHY RELATIONSHIPS



February 4-March 18

7-8:30 pm

Room 113

**WELLSPRING
SUPPORT MINISTRY**



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FIRST UNITED METHODIST CHURCH PLANO

BUILDING HEALTHY RELATIONSHIPS

Please return this form to FUMC Plano
or email the information to

wellspring@firstmethodistplano.org

Name _____

Address _____

Phone: Home _____

Work _____

Cell _____

Email _____

Child Care

Names and age(s) of child(ren):

Any special needs? _____

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- reaching more people
- growing deeper in faith
- feeling smaller
- acting more compassionately

BUILDING HEALTHY RELATIONSHIPS

Each session includes an informative presentation by a licensed professional counselor or guest speaker followed by discussion. The course will cover the following topics:

- Defining healthy relationships
- Understanding relationships in your family tree
- Unhealthy relationships: what they look like and how we recognize them
- Components of healthy relationships: building trust, good communication, balancing disappointments and expectations, self-responsibility, understanding boundaries

Weeks 1 and 2

- Define healthy relationships
- Introduce and discuss family constellations

Week 3

Unhealthy Relationships

- Unhealthy relationships
- Poor boundaries
- Unresolved conflict
- Poor communication
- Resentments

Weeks 4 and 5

Healthy Relationships

- Conflict resolution - building trust and intimacy
- Communication models and exercises
- Balancing disappointments and expectations
- Self-responsibility
- Boundaries

Week 6

Apology, Forgiveness and Healing

- Changing unhealthy relationships into healthy ones
- Managing conflict

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