

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*, Saying Yes...Saying No (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)

BARIATRIC SUPPORT

After bariatric surgery it can be daunting to face the changes necessary for a healthier lifestyle, resist temptation and defeat discouragement. Such challenges are easier when you share the journey with others.

We're here to help!

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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United Methodist Church
PLANO

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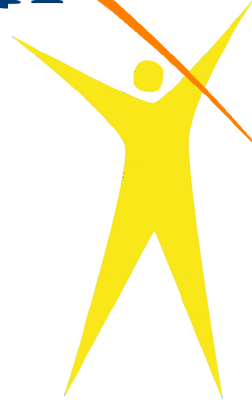
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BARIATRIC SUPPORT



2nd Tuesdays

7-8 pm

Room 215

**WELLSPRING
SUPPORT MINISTRY**



For All the Seasons of Life
First United Methodist Church Plano

BARIATRIC SUPPORT

This is a support group for individuals who have had weight loss, or bariatric, surgery. As challenging as this procedure is, the real, long-term challenge comes after surgery. During this time patients face the long-term requirements of diet and lifestyle changes.

Temptations arise to go back to old eating habits and old ways. Sometimes friendships and family relationships change as individuals lose weight. At times discouragement sets in.

By participating in a regular monthly support group, participants will be able to receive and give support to one another in an atmosphere of Christian care. The format of the group is friendly and open, with an emphasis on providing a supportive environment in which participants can learn and share.

Have you had bariatric surgery? Are you challenged by the changes necessary to reach your goal of a healthier life? Would you like help to resist temptations and defeat discouragement? If so, join us for this monthly support group.

The group will offer

- sharing
- information
- encouragement
- accountability to help you stay on track
- companionship for the journey.

Dr. Martin Deschner is a licensed psychologist who specializes in pain management and bariatric surgery evaluation and counseling.

BARIATRIC SUPPORT

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? _____

No fee.

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