

Wellspring Support Ministry



We care about people; we care about *you*....

First Methodist 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)
- Career Transition Support (Tuesdays)
- *Celebrate Recovery*® addiction recovery connection
- Co-Parenting with a Difficult Ex (4-hour seminar)
- Divorce Recovery (6-week seminar)
- Grief Recovery (8-week seminar)
- *Life's Healing Choices* (8-week seminar)

Career Transition Support

is a group for those who have experienced job loss and those wishing to change careers.

To register:

wellspring@firstmethodistplano.org

For more information:

Dr. Carolyn Maurer

972-867-2145

cgmaurer1@verizon.net

or

Rev. Alice Coder

acoder@firstmethodistplano.org

first united methodist church plano

3160 E. Spring Creek Pkwy

Plano TX 75074

Phone: 972-423-4506

Fax: 972-423-0293

www.firstmethodistplano.org

Career Transition Support



Tuesdays

7-8:30 pm

Room 113

FIRST
United Methodist Church
PLANO

972.423.4506

www.firstmethodistplano.org

Career Transition Support

Goals

1. To provide a safe place to network with others and receive information as well as encouragement and support by
 - listening
 - sharing knowledge and experiences
 - discussion, and
 - prayer.
2. To facilitate the expression of feelings and problems associated with the challenges of finding new employment.
3. To let go and adapt to new circumstances.
4. To discover new meaning and direction for life in this time of transition.
5. To assist in setting new goals and practices without the structure of a workplace.

Objectives

This course will help you re-orient your life and time to meet the challenges of gaining new employment.

Questions about identity, self-worth, and faith are common. This group will address

- developing and keeping a healthy attitude and outlook
- understanding "no" as a path to "yes" and a necessary part of God's direction
- maintaining your identity as a beloved child of God
- resisting pressures leading to depression and discouragement.

Your experiences and contributions are an invaluable part of this group, too. Let us hear from you!

For links and more information please visit
www.firstmethodistplano.org

This group requires a minimum of 6 people. If the group does not make, we will try to refer you to a different group or you may register for the next session offered here.

Registration

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