

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)

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

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CAREER TRANSITION SUPPORT



Tuesdays

7-8:30 pm

Room 113

**WELLSPRING
SUPPORT MINISTRY**



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First United Methodist Church Plano

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? _____

Cost: No fee

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

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!