

# 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)

## CO-PARENTING

Co-Parenting provides unique challenges to parents and children alike. Find help and support in this informative seminar led by professional counselors Carolyn Maurer and Sidney Starling.

### To register:

[wellspring@firstmethodistplano.org](mailto:wellspring@firstmethodistplano.org)

### For more information

*Dr. Carolyn Maurer*

972-867-2145

[cgmaurer1@verizon.net](mailto:cgmaurer1@verizon.net)

*Rev. Alice Coder*

972-423-4506

[acoder@firstmethodistplano.org](mailto:acoder@firstmethodistplano.org)



**FIRST**  
United Methodist Church  
**PLANO**

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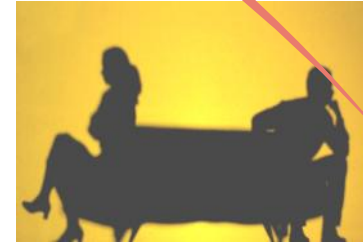
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## CO- PARENTING



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SUPPORT MINISTRY**



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First United Methodist Church Plano

## CO-PARENTING

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

[wellspring@firstmethodistplano.org](mailto:wellspring@firstmethodistplano.org).

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone: Home \_\_\_\_\_

Work \_\_\_\_\_

Cell \_\_\_\_\_

Email \_\_\_\_\_

### Child Care

Names and age(s) of child(ren)

Any special needs? \_\_\_\_\_

\_\_\_\_\_

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

## CO-PARENTING

No matter how amicable divorced parents may be, parenting from different households offers a unique set of challenges for both children and their parents.

This seminar addresses some basic issues that confront divorced parents in their relationship with one another and with their children. One parent can make a big difference - perhaps that parent is you!

Professional counselors Carolyn Maurer, PhD, LMFT and Sidney Starling, MEd, LMFT designed and lead this course. Both are individual and marriage and family therapists in private practice in Dallas and Collin counties.

Learn how to

- identify problems,
  - communicate better with your ex,
  - empower your child, and
  - plan for the future
- in this 4-part support program for divorced parents.

**\$25.00**

includes *Joint Custody  
With a Jerk, Raising a Child  
with an  
Uncooperative Ex* by  
by Julie A Ross, M.A. and Judy  
Corcoran.

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UNITED METHODIST CHURCH  
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