

## Raising Responsible Children



Do you sometimes wonder if you are on the right track as a parent? If so, get support for what you do well, and learn how to raise likeable, responsible, and respectful children by attending, "How Much is Enough? Learning When to Say "Yes" and When to Say "No".

This six week class begins October 6, 2011, from 7:00 - 9:00 p.m. at Corpus Christi Parish Center 2014 Springdale Rd. The fee is \$70.00 per person.

## Do you have a relative or friend who is unemployed?



Unemployment affects relationships with family members and the person who is no longer employed. How people seek jobs

today is very different from in the past, and often times relatives and friends don't understand those changes. They struggle with what to say, or how to offer support, when they may be feeling lost and uncertain as well. If someone you care about is unemployed, you are invited to attend an evening of support on October 11 from 7:00 to 9:00 p.m. at Immaculate Heart of Mary Parish, 7820 Beechmont Ave. (Heritage Hall West)



## Looking for a Program In Your Community?

Call Sandy Keiser at 241-7745 to schedule these or one of the many other programs that are available. Currently booking dates for late winter and spring.



## If you or someone you love has experienced job loss, you are not alone!

There are many feelings, concerns, worries, and issues that accompany the loss of a job and income. Catholic Charities is offering a job loss support group as part of the Job Search Ministry at Immaculate Heart of Mary Parish. Below are the dates and times for the meetings scheduled for 2011. Call for 2012 dates.

10/12/2011	10/26/2011	11/9/2011
11/30/2011	12/14/2011	

The support group will meet at IHM 7820 Beechmont Ave. (Holy Family Room) from 7:00 to 9:00 p.m. For more information call Sandy Keiser 241-7745.



## Getting Support for Grief and Loss During the Holidays

Celebrating the holidays following a loss can present unique challenges for people who have experienced a loss. This workshop will assist people in honoring their grief and getting support during the holiday season. This free program will be held November 1 at Hyde Park Health Center from 7:00 to 9:00 p.m. and December 13 Cincinnati Children's Hospital Fairfield 3050 Mack Rd.

All programs will be presented by  
**Sandy Keiser, LISW-S,**  
**Catholic Charities SouthWestern Ohio**  
To register, call Sandy Keiser at  
**(513) 241-7745**



## Forgiveness: The Gateway to Peace

The Advent Season is a good time for us to reflect on how we relate to ourselves and others. We all have times in our lives when we need to forgive others - family members, friends, neighbors, co-workers, or ourselves. Learning about the process of forgiveness, getting beyond the hurt, and moving forward with life is one way to create peace within ourselves. This one session program will be offered on November 15 from 7:00 to 9:00 p.m. at Mercy Hospital W.H. 3131 Queen City Ave. (Lower level Fitness Rm A) and December 1 from 7:00 p.m. to 9:00 p.m. at St. John Fisher Parish, 3227 Church St. in Newtown. The fee is \$15.00 per person.



## Better Than Yelling

Have you ever uttered the words, "I'm going to stop yelling, it doesn't do any good!", only to find yourself doing the same thing just minutes later? If so, join us for Better Than Yelling, a one-session program designed to decrease yelling and to develop a more satisfying relationship with your child. This program will be held on January 24, 2012 from 7:00 p.m. to 9:00 p.m. at Cincinnati Children's Hospital Fairfield, 3050 Mack Rd. The fee is \$15.00 per person



## Responding to Your Child's Tantrum without Throwing One of Your Own!

Anger and tantrums are not limited to young children. For some people, they may continue long after. Learn how to help your child with feelings such as anger, disappointment, and sadness, so that their emotional IQ's are developed and appropriate. This one session program will be offered February 28, 2012 from 7:00 to 9:00 p.m. at Cincinnati Children's Hospital Fairfield. The fee is \$15.00 per person.