

Pre-Registration Required by March 16

Cost: \$25 (Includes conference and lunch) 3-CE's for Social workers available for an additional \$25

Please make checks payable to Well of GRACE Ministries.

Please complete the form below and mail it with your check to Well of GRACE Ministries, 5675 Fairview Ave. Stevensville, MI 49127
Scholarships are available. Please contact Karen at (269) 428-9355.

Additional registrations can be photocopied or downloaded at www.swmc.org or www.wellofgraceministries.com

Name: _____

Address: _____

City: _____

State: _____ zip: _____ Phone: _____

Email: _____

Yes, I would like a vegetarian lunch choice

Participants will attend both workshops below. Please make your selections by marking your first choice with a "1" and your second choice with a "2" for both workshops.

Workshop #1 – 10:45 a.m.

- _____ Anxiety: Too Much Energy in Your System and How to Deal with It
- _____ Building Grace-Filled Communication in Marriage
- _____ Choosing Joy
- _____ Loosening the Grip of Codependency and Finding Yourself
- _____ Resolving Conflict Within Yourself

Workshop #2 – 1:00 p.m.

- _____ Building Grace-Filled Communication in Marriage
- _____ Finding Laughter in Everyday Life
- _____ Loosening the Grip of Codependency and Finding Yourself
- _____ Resolving Conflict Within Yourself
- _____ What is Depression & Bipolar? Diagnosis and Treatment

Growing in Grace

An Emotional Wellness
Conference for the Community

Saturday, March 21

The Chapel
4250 Washington Ave.
St. Joseph, MI



Growing in Grace

Featuring Linda Mintle, PhD

Dr. Linda Mintle, a native of St. Joseph, Michigan, is the Chair of Behavioral Health at Liberty University's College of Osteopathic Medicine (LUCOM). She received her PhD in Urban Health and Clinical Psychology from Old Dominion University, a Master's degree in Social Work and Bachelor of Arts in Psychology and Communications, both from Western Michigan University. She is a Licensed Marriage and Family Therapist, a Licensed Clinical Social Worker, a national speaker and bestselling author with 19 book titles currently published as well as numerous articles and text book chapters. She is the host of The Dr. Linda Mintle radio show, a national conference speaker, a national blogger for BeliefNet and appears regularly as a national news consultant for various networks on issues related to mental health. Linda plans to cover her new book "We Need to Talk: How to Successfully Navigate Conflict in our Relationships" while at our Growing in Grace conference this year.

Conference Schedule

8:30 a.m.	Registration and coffee
9:00 a.m.	Opening/Conference Introductions
9:30 a.m.	Linda Mintle, "Why We Need to Talk"
10:30 a.m.	Morning Break
10:45 a.m.	Workshop #1
12:00 p.m.	Lunch with Linda, "Handling our Differences"
1:00 p.m.	Workshop #2
2:15 p.m.	Afternoon Break
2:30 p.m.	Linda Mintle, "Conflict with Difficult People"
3:30 p.m.	Closing Announcements

Local counselors from Southwestern Medical Clinic are joining keynote speaker, Linda Mintle, PhD, in the day-long community emotional wellness conference. Workshops have been carefully selected to strengthen your interpersonal relationships while delivering practical skills for everyday life.

Workshops

Anxiety: Too Much Energy in Your System and How to Deal with It

– Marcia Wiinamaki, PsyD

Anxiety is a very common complaint that brings people into a counselor's office. This presentation will help you recognize anxiety, how anxiety is treated, behaviorally and through medication, as well as tips to assist you in preventing anxiety responses.

Building Grace-Filled Communication in Marriage – Brittany Sommers, BA in Psychology; Kara Youngblood, MA, LLPC

Does your communication with your spouse end up with misunderstandings or in anger? This session's topics will include: avenues of communication, areas of communication breakdown, blocks to effective listening, and effective tools used to deliver your message. The goal of this session will be to familiarize you with grace-filled communication strategies.

Choosing Joy

– Mary Andres, MA, LPC; Rich Watson, MA, LPC, LLP

Joy is deeper than happiness, lasts longer than excitement, and is more satisfying than pleasure and thrills. Joy is richer – fuller. It's far more accessible than you've thought. During this workshop we will discuss how this truth can impact our daily lives. Join us to discover a new way of thinking, feeling, and believing. Let's choose joy together!

Finding Laughter in Everyday Life

– Brad Wilson, PhD candidate; Mary Andres, MA, LPC

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. Laughter is truly the best medicine.

Loosening the Grip of Codependency and Finding Yourself

– Kristen Hunsberger, MA, LPC

Do you find yourself constantly taking on the burdens of others? Do a lot of people rely on you or expect you to fix or hide dysfunction in their lives or your own? Are guilt, shame, and compulsion your constant companions? This workshop will focus on the characteristics of a codependent (overly caretaking, low self-worth, dependency, lack of emotional boundaries), and practical tips for gaining control of your life and emotions, so that you can be free to know who you are and love who you were created to be.

Resolving Conflict Within Yourself

– Flori Mejeur, MSW, LMSW; Kris Petlick, MA, LLP

Brené Brown, in her book "The Gifts of Imperfections", reminds us that while we are imperfect and vulnerable, we are still worthy of love and belonging. This workshop will focus on resolving these types of conflicts within your own self and equip you with tools to continue the journey of wholehearted living. During this creative, hands-on workshop, you will learn how to carry courage, compassion, and connection in your heart each day.

What is Depression & Bipolar? Diagnosis and Treatment

– Marcia Wiinamaki, PsyD; Rich Watson, MA, LPC, LLP

There are many assumptions made about depression and bipolar disorder. This presentation will uncover the truth about diagnosis, treatment and medication. This workshop will educate those looking for a clearer understanding of depression and bipolar diagnosis and treatment.