

# REGISTRATION GROWING IN GRACE

To register, please complete the registration form and mail it with your check to First Church of God, 2627 Niles Road, St. Joseph, MI 49085 or you may drop off your registration to First Church of God church office Monday - Thursday.

*Cost: \$25*

*Includes cost of the conference and lunch. Please make checks payable to First Church of God. Scholarships are available. Please contact Karen at 428-9355.*

*Registration Deadline March 15, 2012*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

\_\_\_\_\_ Yes, I would like a vegetarian lunch choice.

Please select first choice and second choice for the morning session. We will try very hard to accomodate your first choice.

- \_\_\_\_\_ Dealing with Difficult People / Marcia Wiinamaki
- \_\_\_\_\_ Managing Anger Constructively / Rich Watson
- \_\_\_\_\_ Shame and Grace Go the Movies / Bradford Wilson
- \_\_\_\_\_ Be Comfortable In Your Own Skin / Kristen Hunsberger
- \_\_\_\_\_ Gaining Control by Giving It Up / Kris Petlick
- \_\_\_\_\_ Rekindle Your Inner Flame / Mary Andres

Please select first and second choice for the afternoon session. We will try very hard to accomodate your first choice.

- \_\_\_\_\_ Dealing with Difficult People / Marcia Wiinamaki
- \_\_\_\_\_ Being an Effective Dad / Rich Watson
- \_\_\_\_\_ Shame and Grace Go the Movies / Bradford Wilson
- \_\_\_\_\_ Meeting and Defeating Your Critic/ Kristen Hunsberger
- \_\_\_\_\_ Gaining Control by Giving It Up / Kris Petlick
- \_\_\_\_\_ Rekindle Your Inner Flame / Mary Andres

Well of GRACE Ministries  
www.wellofgraceministries.com

First Church of God  
www.myfirstchurch.org

Southwestern Medical Clinic Christian  
Counseling and Psychological Services  
Lakeland HealthCare Affiliate  
www.svmc.org



## Growing in Grace

Saturday, March 24, 2012

FIRST CHURCH OF GOD

2627 Niles Avenue, St Joseph

Sponsored by Well of GRACE Ministries, First Church of God  
and Southwestern Medical Clinic Christian Counseling and  
Psychological Services Lakeland HealthCare Affiliate

Growing  
in Grace



## FEATURING DR. LINDA MINTLE

It is rare that a trained academic who speaks passionately to the heart of people providing real answers to real life problems is so relatable.

Dr. Linda Mintle is a licensed marriage and family therapist, clinical social worker, professor, author and national speaker. With 30 years of clinical experience, she is uniquely qualified to bring sensibility and real help to both men and women. Dr. Linda will entertain, educate and integrate faith and mental health in every day living. She will speak about making relationships work, Letting Go of Worry (her latest book) and the grace to grow together.

It is often said that being with Dr. Linda is like having coffee with a friend. The ease she has with people, coupled with her clinical training and experience makes her a sought after speaker on college campuses, conferences and special events.

### Conference Schedule

- 8:30 Registration and coffee
- 9:00 General Session: Dr. Linda Mintle
- 10:15 Break
- 10:30 AM Workshops
- 12:00 Luncheon with Dr. Linda Mintle
- 1:30 PM Workshops
- 2:45 Break
- 3:00 General Session Dr. Linda Mintle
- 4:00 Conference Ends

## Break Out Sessions

Keynote speaker Dr. Linda Mintle and breakout sessions with local therapists will challenge you to grow in grace in all of your relationships.

### Marcia K. Wiinamaki, Psy.D.

*"Dealing with Difficult People"* - We all have challenging people in our lives, but sometimes some people are beyond the normal level of difficulty. This presentation will help you to identify the type of difficult person, and how to more effectively understand and cope with these people in our lives.

### Richard A. Watson, M.A., LPC

*"Managing Anger Constructively"* - Learning to appropriately manage anger is an important aspect of a successful adult life. Neither denying feelings of anger, nor exploding with anger is appropriate. This presentation will help teach ways of handling and expressing anger in an effective manner.

*"How to Be an Effective Dad"* - So often fathers desire to be good teachers, role models and caring dads with their children; however, many of us did not grow up with fathers who were the best of role models. This presentation will encourage and inspire dads to work to be more effective in their children's lives.

### Bradford Wilson, Ph.D. Intern

*"Shame and Grace Go to the Movies"* - Modern movies are a reflection of modern life. This session is an opportunity for participants to identify ways to illustrate the everyday nature of the powerful forces of shame and grace as seen in the lives of movie characters.

### Kristen Hunsberger, M.A., LLPC

*"Being Comfortable in Your Own Skin"* - This presentation is about learning to be comfortable in your own skin, to let go of past mistakes, and learning to use pain from the past to help you rather than hurt you.

*"Meeting and Defeating Your Critic"* - Learning to identify the voices in your head (your own personal critic), and learning to say "NO!" and stick to it. This presentation will challenge you to change the way you THINK so that you can change the way you FEEL and BEHAVE.

### Kris Petlick, M.A., LLP

*"Gaining Control by Giving It Up"* - So often we strive to have control over ourselves and others in our lives, only to have our struggle and efforts backfire miserably. This presentation will examine the concepts of boundaries, control and choice that can be applied to a variety of settings, including ourselves, our children, our spouse and our work settings.

### Mary Andres, M.A., TLLP

*"Rekindle Your Inner Flame, Don't Burn Out"* - Burnout falls under the umbrella of compassion fatigue; a state of emotional, mental, and physical exhaustion caused by prolonged stress. This workshop will offer a closer look at the signs and symptoms of burnout. We will identify practical strategies to reduce stress and work toward maintaining a healthy physical, mental and emotional balance. It will also provide an opportunity to hear what others have to say about keeping your flame lit.