

## WELLNESS WORKSHOPS

participants will leave knowing...

- Tips and tricks to unleash your full potential.
- A practical approach to living that can enhance all your relationships.
- How to value yourself and find the best in others.
- New ways to develop your creativity, drive, and purpose.
- An approach that enhances your children's emotional mastery and health while gaining their cooperation.
- New skills in resolving emotional conflicts.
- How to identify the causes of stress in your life and—if you can't eliminate them—how to reduce the distress.
- Effective tools for self-understanding and for understanding what makes a relationship work well or deteriorate into "a game."

Take advantage of the opportunity to learn from some of the best in the business!



### Workshop Locations

#### Northshire UCS

*The Stephen C. Lundy Building*  
5312 Main Street, Box 538  
Manchester Center, VT 05255  
(802) 362-3950

#### The Northshire Day School

5484 Main Street  
Manchester Center, VT 05255  
(802) 362-1395

**UCS** united counseling service of  
bennington county, inc.

100 Ledge Hill Drive • P.O. Box 588  
Bennington, VT 05201 • 802-442-5491

To learn more about our programs, visit  
[www.ucsvt.org](http://www.ucsvt.org)

We help people improve their quality of life.

#### CONFIDENTIALITY

All contacts and records in this agency are kept in strict confidence governed by Federal Confidentiality Regulations. No acknowledgement or release of information is given without the client's expressed written permission.

#### POLICY OF NON-DISCRIMINATION

United Community Services of Bennington County, Inc., (UCS), and its subsidiaries, United Counseling Service and United Children's Services, are equal opportunity employers, which comply with all laws related to fair employment practices. UCS does not discriminate on the basis of disability, gender, age, race, color, religion, ancestry, place of birth, veteran status, marital status, sexual orientation, real or perceived HIV disease, or any other legally protected status in the provision and access to services or treatment, or in decisions regarding employment.



## FALL 2009 WELLNESS WORKSHOPS

northshire  
united counseling service

Wellness Experts Close to Home



*The Stephen C. Lundy Building, Manchester*



**HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK** – Laura Sieme-Giordano, LICSW  
Mon., 9/28 and Wed., 9/30

5:45 – 7:15 pm at *The Northshire Day School*

Do you want to gain your children's cooperation and support their emotional growth? Based on the parenting classic by Adele Farber and Elaine Mazlish, this workshop gives parents the tools and words to build solid, positive relationships. Participants will get practical suggestions and role-playing practice necessary to enhance their children's emotional mastery and gain their cooperation in the process. Course will be held in two 1-½ hour classes. Cost — \$30. \*Free child care available; call the Northshire Day School (362-1395).

**CONFLICT RESOLUTION** – Dean Hammer, PsyD  
Tues., 10/6 and Tues., 10/13

5:00 – 6:30 pm at *Northshire UCS Building*

Coping with conflict and dealing with difficult people? You don't need anxiety and frustration too. This course presents the principles of win-win conflict resolution — principles you can use to develop new skills to resolve interpersonal conflicts, such as between couples, families, co-workers and groups, and to resolve personal emotional conflicts, such as with depression, anxiety, confusion about life goals, and many other concerns. Course will be held in two 1-½ hour sessions at the Northshire UCS building. Cost — \$50.

**STRESS MANAGEMENT** – Peg Gregory, LICSW  
Thurs., 10/8 and Thurs., 10/15

5:00 – 6:30 pm at *Northshire UCS Building*

Too much stress can damage physical and mental health. Learn how to identify internal and external sources of stress in your life and how to manage these more effectively to reduce their negative impact and to improve your well-being. Course will be held in two 1-½ hour sessions at the Northshire UCS building. Cost is \$50 for the course.

**THE BASICS OF TRANSACTIONAL ANALYSIS** – Barbara Kingery, MA

Wed., 10/21 and Thurs., 10/22

5:30 – 6:30 pm at *Northshire UCS Building*

When do we undermine ourselves? How do we undercut our potential? This course provides an easy framework for self-understanding and productive, successful social interactions. Participants will explore and understand what makes a relationship work well or deteriorate into nonproductive social interactions — “a game!” Course will be held in two 1 hour sessions at the Northshire UCS building. Cost is \$40 for the course.



*Looking for more in life?*

*Wellness Workshops can help you to be the best that you can be.*

### About the Presenters

**Peg Gregory, LICSW** — Northshire UCS Director, Peg Gregory has provided family and individual counseling at UCS for 19 years, specializing in stress management and personal development.

**Dean Hammer, PsyD** — With 15 years of clinical experience, which includes teaching and counseling adults, couples, and families. Dean Hammer has been working in the community with UCS for 6 years.

**Barbara Kingery, MA** — A 20-year veteran counselor, Barbara Kingery is trained in individual, group, and family therapy. She has been with UCS since 2008.

**Laura Sieme-Giordano, LICSW** — An outpatient clinician with expertise in parenting issues, Laura Sieme-Giordano, has been with UCS for 9 years.

*Register Today! — Fax or mail this form.*

**Call 802-362-3950 to register.  
Fax 802-362-0325**

- Visa    Mastercard    Discover  
 Check payable to UCS

Card # \_\_\_\_\_  
Exp. Date \_\_\_\_\_ MV/CCV #.\* \_\_\_\_\_  
(\*3-digit security number on back of card)

Signature \_\_\_\_\_

Name \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_

Bus. Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

**Mail to:**  
**United Counseling Service**  
5312 Main Street, Box 538  
Manchester Center, VT 05255

### Additional Information

Pre-registration is required .

Call UCS: 802-362-3950.