

# UCS News Release

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For Immediate Release:  
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## UCS Fall Wellness Workshops Open to the Community

Bennington and Manchester, Vt. — Bennington and Manchester, VT. — United Counseling Service is offering an exceptional opportunity for community members to learn skills that increase personal effectiveness and enhance relationships.

The Fall 2009 Wellness Workshops at Northshire UCS address a range of topics that can help anyone unleash their full potential.

“The Wellness Workshops can help people resolve conflicts, manage stress, strengthen relationships and be a good parent,” said Northshire UCS Director Peg Gregory.

The series of four Wellness Workshops begins with a classic approach to good parenting, “How To Talk So Kids Will Listen and Listen So Kids Will Talk,” presented by UCS Clinician Laura Sieme-Giordano.

This workshop on Monday and Wednesday, September 28 and 30, gives parents the tools to raise healthy, cooperative children. The workshop meets 5:45-7:15 p.m. at The Northshire Day School, and there is a \$30 fee with free child care available.

Next on the program, Conflict Resolution will offer successful approaches to managing difficult relationships and personal conflicts. Presented by UCS clinician Dean Hammer, PsyD, this workshop will be held at the Northshire UCS Building on Tuesday, October 6<sup>th</sup> and 13<sup>th</sup> from 5:00 – 6:30p.m., and there is a fee of \$50.

Stress Management, presented by Northshire UCS Director, Peg Gregory, will show participants how to identify and reduce stress in life and effectively improve overall wellbeing. The workshop will be held at The Northshire UCS Building on Thursday, October 8<sup>th</sup> and 15<sup>th</sup> from 5:00 – 6:30 p.m., and there is a \$50 fee.

The Basics of Transactional Analysis, presented by UCS Clinician Barbara Kingery, will give participants the tools to develop productive, successful, social interactions where past relations have become difficult and unsatisfying.

This workshop will be held Wednesday, October 21<sup>st</sup> and Thursday, October 22<sup>nd</sup> from 5:30-6:30 p.m. at The Northshire UCS Building, and the fee is \$40.

“Participants will be delighted by the straightforward, sensible approaches,” Gregory said. “Developing your creativity, drive, and purpose is really just mastering a few simple steps.”

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Pre-registration is required to attend all workshops. For more information or to pre-register please contact Northshire UCS at 802-362-3950, or visit UCS on the web at [www.ucsvt.org/events.php](http://www.ucsvt.org/events.php).

UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support that changes lives. Visit [www.ucsvt.org](http://www.ucsvt.org) to find out more.

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