

St. Simons Island Community Support Group

Facilitator: Karrie Shaw-Gurwood, LMSW (licensed mental health clinician), is a member of Frederica Presbyterian Church with years of experience working with children, families, and groups. She offered her time and expertise to form, lead, and maintain this support group. The idea is to gather together to help one another with general life coping skills. So many of us are stressed out with work, relationships, financial matters, illnesses, etc. and could be helped by what others have positively done to cope. We hope you'll join us...and bring a friend as well.

Please RSVP by contacting Karrie each month @ 912-577-8119 or ksgurwood@hotmail.com. Then she can plan for the # of attendees for light refreshments, meeting materials, chairs, etc. If you have questions or topic ideas, please also let Karrie know.

Where: Frederica Presbyterian Church (USA)
150 Delamotte Rd, St Simons Island, GA 31522
(912) 634-2240, www.freddypresssi.com

Directions: take Frederica Rd. north past Christ Church (on the left) & further down past Wesley United Methodist (on the right). You'll see one more church (Christian Renewal) on the right & then immediately afterwards our church. Take a right into the parking lot & enter through the door to the right of the courtyard. That's our Fugitt-Shropshire Fellowship Hall. Welcome!

Dates (Sundays): 2010: 3/7, 4/18, 5/16, 6/13, 7/11, 8/1, 9/12, 10/3, 11/7, 12/5
2011: 1/9, 2/6 (the rest of 2011 will be scheduled at a later date)

Time: 2:30pm-4:30pm

Cost: **FREE OF CHARGE** (however, participants are welcome to make a church donation to help with the support group and meeting room expenses).

Misc. Info.: Childcare provided (in the adjoining children's nursery and Sunday school rooms)

Monthly Topics:	03/07 Accepting a Chronic Illness	09/12 Handling Difficult Relationships
	04/18 De-stressing Techniques	10/03 Anger Management
	05/16 Managing in Hard Economic Times	11/07 Parenting/Grandparenting Tips
	06/13 Enhancing Body Image/Self Esteem	12/05 Thriving in Retirement
	07/11 Strengthening the Sandwich Generation	01/09 Beating the Post-Holiday Blues
	08/01 Balancing Work & Play	02/06 Partner Rekindling