



**August, 2010 Mini Newsletter
Better Life Counseling Center**

1605 James Street
Jonesboro, AR 72401
870-935-4673
Toll Free: 888-668-5433

Counseling From a Christian Perspective

A Note from the Executive Director

Pay it Forward

If you have been touched by the work of the counseling center, please consider helping others who need our care with a tax-deductible gift of any size.

To donate, visit our website at www.betterlife.org, call us at 870-935-4673 or stop by our office.

Thank you for helping others find a better life.

Our Church Partners

Thank you to the churches who support the counseling center, we are able to continue our work because you believe in our mission.

Southwest Church of Christ
Jonesboro, AR

Ash Flat Church of Christ

Westridge Church of Christ
Pocahontas, AR



Dear Friends of BLCC,

This HOT, HOT summer is winding down, but BLCC is going and going...please take a moment to look at this quarters newsletter and the many events we have coming up that you or perhaps someone you know may want to be a part of.

As we enter our second year with the TANF grant contract, we continue to offer free marriage counseling to those who qualify as well as community marriage enrichment workshops. Listed in our upcoming events you will see information about our first of 3 in the marriage garden series. This event is open to all marriages, because even a great marriage can use a little cultivating.

Next up, we began our United Way program offering in July with the first **FREE** Parenting Separately class. This course assists divorcing parents or those who have never been married to become the best parenting partners they can be. With the United Way's support, this course will be offered every month for the next 18 months in either Jonesboro or Paragould. Again, in the upcoming events section you will find the dates, times and locations of this class for the remainder of 2010. We hope you can join us, or perhaps recommend the class to someone you love.

Finally, it's time to think about fall! Our annual bike ride is coming up in October and we need your participation...yes, even if you don't own a bike. This event is our largest fundraiser of the year. On the next page you will see all of the information for the newly named **Harvest Hundred**. We've made some changes to the bike rides of the past and hope you find it exciting and something you'd like to be a part of. If you don't ride, you can still show your support of BLCC by becoming a Spirit Rider. Your contribution of \$20 will help us continue our mission and comes with the following benefits: You will be welcome to attend a pasta dinner on Friday night courtesy of Olive Garden and Fazoli's. You can join us for lunch on Saturday provided by BA Burrito...and you will receive an event t-shirt (guaranteed only to those that register before September 21, 2010).

I hope you can join us! As always, thank you for supporting BLCC, together we can continue to renew those seeking a better life.

Sincerely,
Wendy Cook

Our Mission

Helping Individuals and Families find a Better Life by strengthening families, nurturing parents and building marriages

Our Vision

To be the leader in providing marriage and family therapy using a Christina-based, family systems model



THE BETTER LIFE COUNSELING CENTER HARVEST HUNDRED

Saturday, October 9, 2010 Jonesboro, Arkansas

Northeast Arkansas will once again have a full century bike ride. Formerly the *Ride for a Better Life*, this event will offer **100, 62, 25 and 10 mile routes on scenic Crowley's Ridge**. This event will also offer a 10-mile family fun ride, or you can join us for food and fun as a spirit rider!

All rides will begin and end at the offices of **Better Life Counseling Center**, located on the campus of Southwest Church of Christ, behind the YMCA off Nettleton Avenue. Registration will begin at 6:45 am with 100 and 62-mile riders starting at 7:30 am and 25 and 10-mile riders leaving at 8:00 am.

Along with rest stops, riders will enjoy sag support and medical attention provided by Medic One. Riders for all distances can register in advance for \$40 or the day of the event for \$50. For the family fun ride, family of four, including riders age 5-12, can register in advance for \$40 or the day of the event for \$50

This fee includes a pasta dinner on Friday night provided by Olive Garden and Fazoli's, as well as lunch after the ride by BA Burrito.

Harvest Hundred T-shirts are guaranteed to those that register before September 21, 2010. All riders under 14 must be accompanied by an adult at all times on the course.

For additional information, you may contact Tammy Evins at (870) 935-4673 or by email tevins@betterlife.org or go to the BLCC website at www.betterlife.org.

www.jonesboro100.com

Upcoming Events

- August 26: Parenting Separately: 6-9pm, Paragould Community Center
- September 3, 10, 17: Marriage Garden Workshops: 7-8pm each night,
Deliverance Family Worship Center
- September 30: Parenting Separately: 6-9pm, Jonesboro Public Library, Round Room Entrance
- October 9: **Harvest Hundred** (see page 2 for details)
- October 14: Minister's Luncheon and Workshop: "**Connecting to Generation Next**"
10am-2pm, Southwest Church of Christ
- October 14: Parenting Separately: 6-9pm, Jonesboro Public Library, Round Room Entrance
- November 18: Parenting Separately: 6-9pm, Paragould Community Center
- December 16: Parenting Separately: 6-9pm, Jonesboro Public Library, Round Room Entrance

*All Parenting Separately classes are **FREE** thanks to the support of the United Way of Northeast Arkansas.

The Marriage Garden Workshops are **FREE** thanks to the support of a state of Arkansas TANF grant.

To register, please call: (870) 935-4673 or (888) 668-5433

www.betterlife.org



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This is a free quarterly newsletter sent to Northeast Arkansas area churches, financial supporters of BLCC, and individuals who join the BLCC mailing list. If you would like to receive this