



**May, 2010 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**

**Now taking appointments!**

*BLCC is pleased to offer the services of Lauren Orbison to the NEA community. Lauren specializes in the treatment of Women and Children.*

For an appointment with Lauren, call our office at 935-4673



Dear Friends of BLCC,

Happy Spring! As the flowers bloom, we celebrate this time of growth and renewal. I am pleased to share with you three blessings that have come our way this season.

The first was our inclusion in the Jonesboro Holy Week services. BLCC was honored to receive half of the service collections and information about the counseling center was available in the Friday programs. This was such a generous statement of support from numerous churches and ministers in our community.

The second was the launch of Occasions Publishing Groups new magazine *Faith and Family* and the inclusion of a regular column by our own Clinical Coordinator, Jeff Cline. This is a tremendous publication for BLCC to be a part of, and a wonderful way for Jeff's always sound advice to be heard.

Finally, I am honored to announce that BLCC was awarded United Way funding to present our *Parenting Separately* course free to NEA on a monthly basis. This class was designed to help divorcing parents or parents who have never been married as they move from being marriage partners to being parenting partners. With the United Way behind us, we hope to help more families protect their children from parental conflict.

As always, I am anxious to hear from you as to how we can best serve your needs and expand and enhance our services. Please reach out to me at [wcook@betterlife.org](mailto:wcook@betterlife.org) or 870-935-4673. Thank you for supporting BLCC, together we can continue to renew those seeking a better life.

Sincerely,  
*Wendy Cook*

**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

**Contact us to learn the benefits of becoming a church partner**

**Our Mission**

Helping Individuals and Families find a Better Life

**Our Vision**

Creating Happy, Healthy, Thriving Families

***Would you like a BLCC Satellite office in your community?***

We are looking to expand our services in NEA. If you believe your community would like a local BLCC office, please contact us for more information.



## ***Begin a Marriage Mentoring program in your Church!***

### **What is Marriage Mentoring 12 Conversations?**

Marriage Mentoring: 12 Conversations is a simple, encouraging way for churches to support and strengthen healthy marriages of all stages. In this user-friendly model, mentor and mentee couples meet monthly for one year as they develop a friendship over guided conversations about a variety of topics including: Communication, Healthy Marriage Habits, and many more...

### **How Does the Program Work?**

Mentor couples attend a fun, 3-hour training workshop to learn the basics of the program in an engaging atmosphere to "test drive" a part of the mentor program. After the mentor training workshop, the mentoring committee matches mentor and mentee couples. The couples meet monthly for one year as they develop a friendship over guided conversations about marriage. They meet in a relaxed atmosphere of their choosing, perhaps enjoying snacks, a meal, or dessert together. They discuss a topic about marriage with the corresponding list of suggested questions from the mentoring conversations guide.

### **Recommendations:**

Participating churches are encouraged to bring at least 2 mentor couples.

**Date: Saturday June 12th, 2010**

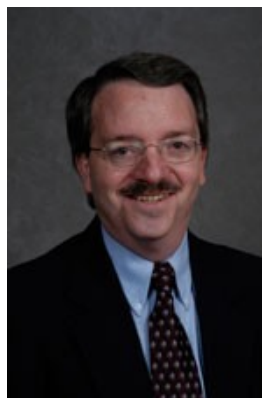
**Time: 9:00-1:30 (Lunch Provided)**

**Location: Southwest Church of Christ**

**1601 James St Jonesboro**

**behind the YMCA on Nettleton Avenue.**

**RSVP at 870-935-4673 or  
tevins@betterlife.org by 6/1/10**



Our presenter will be Dr. Ed Gray creator of Marriage Mentoring 12 Conversations. Dr. Gray is a Professor of Counseling at Harding University Graduate School of Religion, a licensed Marriage and Family Therapist in TN, and an Approved Supervisor and Clinical member of the American Association for Marriage and Family Therapy. For more information about Marriage Mentoring 12 Conversations visit:

**[www.12conversations.com](http://www.12conversations.com).**

**Cost: \$50 per church and \$25  
per couple for Mentor Training**



Greetings,

As the regions leading Christian-based mental health provider, Better Life Counseling Center is excited to continue our tradition of providing the highest quality therapy and enrichment services through the "Moving People to a Better Life" program made possible through a TANF contract with the state of Arkansas. As part of this contract we are excited to provide **Free Marriage Counseling** for couples who are TANF eligible (see [www.betterlife.com](http://www.betterlife.com) for more details). More than 35 couples have already taken advantage of this life-changing opportunity and we're hopeful this number will continue to grow.

### **Is Marriage Counseling for Us?**

Many people consider marriage counseling only in response to a crisis situation or when the marriage is in a state of near despair. While marriage counseling can certainly be a valued resource of encouragement and support to the troubled marriage, it can also help the good marriage become great! Please take a moment to consider whether you our a couple that you know could benefit from marriage counseling.

*Marriage counseling can be helpful for...* Couples who share a mutual commitment and love for one another but find it difficult communicate around ongoing differences in beliefs and values present in the marriage. Marital research has found that about 70% of conflict is related to "perpetual" issues for which couples will probably never agree. A good marriage counselor can help couples listen to feelings beneath the words and help them develop a healthier process of communication. When couples learn how to communicate more effectively, they are able maintain greater closeness and mutual respect.

*Marriage counseling may not be helpful if...* Marriage counseling is often unsuccessful when one or both spouses have already made a decision to end the relationship. Counseling helps to support peoples goals, not change their minds. While it is common for disillusioned spouses to be frustrated and hurt, change is difficult when one is not fully committed, open, or hopeful about the process of reconciliation.

Please call 870-935-4673 or visit [www.betterlife.com](http://www.betterlife.com) if you would like more information about beginning marriage counseling for you and your spouse. Blessings and Grace,

*Jeff*

## **Free Marriage Enrichment Workshop at your Church!**

BLCC is booking summer Better Life 101 classes. Our staff will work with you to set a date to come to your church and provide the course, FREE of charge! See our class description below.

**We are now taking reservations for June, July and August.**

**Better Life 101 Classes** - Couples are invited to a one-hour marriage enrichment workshop. Jeff Cline, LPC will use the curriculum "*The Marriage Garden*", developed by Dr. H. Wallace Goddard, Family Life Specialist with the Arkansas Cooperative Extension-Family Life Division. Cultivating a good marriage is like two people growing a garden. Both good marriages and healthy gardens can enrich and delight us, but neither happens by chance. Couples need to have the right tools and a willing spirit to have a healthy relationship. This class will emphasize the development of good communication in a couple's marriage.

TANF eligible couples will receive a copy of John Gottman's book *The 7 Principal's for Making Marriage Work*.

**Please call (870) 935-4673 to book your class.**



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**1605 James Street  
Jonesboro, AR 72401**

### **Upcoming Events**

May 17<sup>th</sup>: Parenting Separately 6pm to 9pm

June 12<sup>th</sup>: Marriage Mentoring Workshop (see page 2 for details)

### **Save the Date!**

Northeast Arkansas will once again have a full century bike ride. Formerly the *Medic one Ride for a Better Life*, this event will take place on **Saturday, October 9, 2010.** Our committee is hard at work laying out routes, gathering volunteers and coming up with awesome goodie bags for all participants.

Mark your calendar today for the ride, and fill out the interest form at:

**[www.jonesboro100.com](http://www.jonesboro100.com)**

*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 newsletter by email, contact us at [mail@betterlife.org](mailto:mail@betterlife.org)*

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**[www.betterlife.org](http://www.betterlife.org)**