



November, 2011 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

Wendy Cook



Dear Friends of BLCC,

Tis the season to give thanks! Let me begin then by giving thanks for all the riders, spirit riders, sponsors and volunteers who made the 2011 Harvest Hundred bike ride a success. We had 160 riders on a warm and windy October day who had the added benefit of some wonderful door prizes courtesy of our new title sponsors; St. Bernard's Health and Wellness Institute, HMG and JOSM as well as Gearhead. With such support behind us, we know that the 2012 ride will grow even bigger.

I announced our new community workshop for kids, *It's not my fault*, in the last newsletter.

Please be sure to see the information about this on the next page and note that we are now taking registrations! If there is a child in your life who has been effected by divorce or separation, recent or not, this new course will help guide them emotionally through such a difficult life change. Thank you United Way of NEA for making this workshop possible!

As a part of this season of giving, our honor card program is back and with a newly designed format for 2012. Check out information for ordering on page 3 and thank you in advance for your generosity.

In closing, I am so very thankful that on **March 9th and 10th 2012** we will be bringing Mr. Ted Cunningham and his ***Love and Laughter*** Conference to Jonesboro. This is a tremendous opportunity for BLCC to reach out into the community and renew marriages and to do our part to help reduce the divorce rate. We need your help to make this a success. If you or someone you know would like to support this effort and be a host couple, please give me a call!

Thank you for supporting our work. I am always happy 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 or 870-935-4673 and "friend" us on facebook!

Many Thanks,
Wendy

***Please be sure to read Jeff Cline's latest article "Overcoming Worry" in the Fall 2011 issue of Faith and Family.**

Special thanks to 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

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 Christian-based, family systems model

www.betterlife.org

Now Enrolling! (space is limited)

It's Not My Fault



Better Life Counseling Center's new community workshop *It's Not My Fault* is now taking registrations through January 6th. This 6 month course is designed for children in grades K-6th whose parents are separated or divorced.

Research shows us that the overwhelming majority of children of divorce feel sad, confused and angry. When these feelings are not expressed in a healthy way, they endure and confuse a child's view of themselves, of others and of relationships. How a child copes with divorce has far ranging implications and will be a major influence on their lives including the ability to forge and sustain a loving relationship and be a good parent themselves.

Topics covered include:

I am not alone

What's happening to my family?

It's not my fault

Why do I feel so sad?

My changing family

Hope for the future

*Courses will be lead by Lauren Orbison; BLCC Staff and Licensed Clinical Social Worker and assisted by ASU social work students.

* All participants will be followed for 6 months after the course ends via a monthly email; resulting in 1 year of contact and support for each child.

2012 *It's Not My Fault* Session 1

Each child will participate in one class per month for six months

Class A or C will have children in K to 3rd Grade Time: 6:00 to 6:45 pm
Class B or D will have children in 4th to 6th Grade Time: 7:00 to 8:00 pm

Session 1 classes begin:

Tuesday January 10 Class A & B

Tuesday January 17 Class C & D

(contact us for the complete 6 month schedule)

All classes will be held at the United Way of NEA office: 407 Union St Jonesboro

It's Not My Fault is offered free of charge thanks to the United Way of NEA

To Register; Custodial Parent or Guardian can call:

(870) 935-4673 or Toll Free (888) 668-5433

Email tevins@betterlife.org

www.betterlife.org



It is almost Christmas Time!

**Help make a Better Life
With a \$10 gift in someone's honor**

Better Life Counseling Center has a strong commitment to Christian counseling with an emphasis on the treatment of spiritual, relational, and mental health issues and depends heavily on contributions. We ask that you please consider a donation to others, letting them know you have remembered them at this special time by helping our ongoing outreach in the community.

A card of recognition will be sent to each honoree letting them know a gift has been made in their name.

870-935-4673 or tevins@betterlife.org

✂

Yes! I would like to honor someone with a gift to BLCC. Please fill in the below information for each honoree and a card of recognition will be sent letting them know a gift has been made in their name.

Name _____

Address _____

Name _____

Address _____

Name _____

Address _____

Name _____

Address _____

Return with \$10 per card to:

Better Life Counseling Center

1605 James Street

Jonesboro, AR 72401



PRESORTED
NON-PROFIT
U.S. POSTAGE PAID
JONESBORO, AR
PERMIT NO. 50

**1605 James Street
Jonesboro, AR 72401**

Return Address Requested

«AddressBlock»

Upcoming Events

November 17th: *Parenting Separately*: 6-9pm; Craighead Co. Library, Round Room

December 15th: *Parenting Separately*: 6-9pm; Paragould Community Center

**January: *It's Not My Fault: workshop for children of divorce*
see page 2 or call for details**

January 26th: *Parenting Separately*: 6-9pm; Craighead Co. Library, Round Room

February 23rd: *Parenting Separately*: 6-9pm; Craighead Co. Library, Round Room

March 9th and 10th 2012: Love and Laughter
Community Marriage Conference
featuring Ted Cunningham

*All *Parenting Separately* and *It's Not My Fault* classes are **FREE** and open to the public thanks to a grant from the United Way of NEA

To register: 870-935-4673 or toll free 888-668-5433

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

www.betterlife.org