



**March, 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,

Happy Spring! As always, we've been busy conducting our monthly *Parenting Separately* classes, two *Marriage Garden* workshops, one at Miller's Temple Church of God in Christ here in Jonesboro and one at Cornerstone Baptist in Harrisburg, seeing clients and applying for grants.

As we reflect on our work and how we may better serve our community, we are excited to launch a new event this spring that we hope will strengthen marriages in NEA. The most recent data available shows that Craighead county has the second highest divorce rate in the state of Arkansas. In response, BLCC invites all couples; married, divorced, separated, dating and singles to join us for a

***Love and Respect*** video conference on April 8th and 9th. The *Love and Respect* conference is a nationally recognized resource designed for men and women to learn how to resolve conflict and motivate each other. Please see conference information on page 2 and visit [www.loveandrespect.com](http://www.loveandrespect.com) to register.

The purpose of our selection of a video conference is to help lay the foundation for a longer term strategy to build stronger marriages and families in our churches and community. Our goal is that this will become a yearly community wide marriage event that will include national speakers and result in fewer divorces. We hope you can join us in this effort. Partner churches and host couples are welcome to help with funding and spreading the word.

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](mailto:wcook@betterlife.org) or 870-935-4673.

Many Thanks,  
Wendy Cook

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



## **Please join us for: *Love & Respect***

Community Video Conference and Marriage Workshop

*A Partnership between Jonesboro Area Churches and the Better Life Counseling Center*

**April 8th 6pm-9:30pm**  
**April 9<sup>th</sup> 8:30am- 1:15pm**

First United Methodist Family Life Center

*“Women need love. Men need respect. It’s as simple and as complicated as that.” – Emerson*

“Research reveals that during marital conflict a husband most often reacts when feeling disrespected and a wife reacts when feeling unloved. Men and women will learn how to resolve conflict, deal with the negative reactions, and how to motivate each other by meeting each other’s need. Even those who feel hopeless in their relationships will gain understanding on how to handle an indifferent or unresponsive partner.”

**Cost is \$15 per person**

Meals will be provided

To register: log on to **[www.loveandrespect.com](http://www.loveandrespect.com)**

### **Thanks to our Partner Churches**

First United Methodist, Jonesboro  
Southwest Church of Christ, Jonesboro  
Central Baptist, Jonesboro  
Grace Community Church, Jonesboro  
First Assembly of God, Jonesboro  
Community of Christ, Jonesboro  
Maple Grove Baptist Church, Trumann

### **Thanks to our Host Couples**

Dr. Mike and Janet Parkey  
Dr. Glen and Sharon Jones  
Jack and Becky Harrington  
Drs. David and Rebecca Matthews



How did you get your kid to do that?! Have you ever uttered those words in disbelief as you witnessed a friend’s child eat all of their vegetables, clean their room the first time asked, or go to bed without a fuss? Does parenting exhaust you? Do you seem to spend more time repeating yourself or arguing with your child than enjoying spending time with them? While there is no magic pill for parenting, there are several simple techniques you can learn and use to make parenting less stressful and more rewarding in your own home.

In their book *Love & Logic Magic for Early Childhood*, authors Jim Fay and Charles Fay, Ph. D offer parents some amazingly simple, yet powerfully effective techniques that will help reduce power struggles and improve interactions with your children. These “Love and Logic” techniques are useful tools for any parent, and can be easily adapted as your child grows and new issues arise throughout the years. The authors state that, “Love allows children to grow through their mistakes. Logic happens when we allow them to live with the consequences of their choices .” There are four Love and Logic principles, which are centered on the ideas of setting limits you can enforce, using simple actions rather than words, and turning mistakes your children make into opportunities for them to learn.

**Principle #1- Build the Self-Concept-** Everything children learn affects how they see themselves. Allowing children to solve their own problems while offering support and love as they learn are the foundations for building a high value of self in your children.

**Principle #2 Share the Control-** Children often rebel when they feel a loss of control in any given situation. They naturally push limits and test boundaries. You can ease this tension by sharing control in simple situations with your children. Do this by offering them lots of choices, and giving away control when you don’t need it. Examples might be “Bobby, do you want to go to bed now or in 10 minutes?”, or “Do you want to sleep with your door open or closed?”. Letting children make decisions teaches them to think for themselves, and can eliminate unnecessary power struggles.

**Principle #3- Offer Empathy, Then Consequences-**Children often tune out when we deliver consequences in anger or frustration. Expressing empathy towards your child will reduce their anger, and help make receiving consequences more effective. Examples include using phrases like “Bummer,” or “How sad” before laying out consequences for misbehavior.

**Principle #4- Share the Thinking-**It is integral to incorporate your children into the thinking phase of consequences for their actions. This helps children to accept responsibility for their actions and be part of the solution. Ask questions such as “What are you going to do to fix this?” to get them thinking of possible solutions when they make a mistake.

Parenting is tough, but it can also be fun! For more in-depth information on these principles, check out all the books in the *Love and Logic* series by Foster Cline, M.D. and Jim Fay, or at [www.loveandlogic.com](http://www.loveandlogic.com).

*\*Lauren Orbison, LCSW is a Counselor with Better Life Counseling Center. Her focus of practice is working with school aged children with behavioral issues and improving family interactions.*

*Call today for an appointment*

## **We have an honor Card for that!**

Better Life Counseling Center would like to remind you that when it’s time to purchase a birthday, anniversary, tribute or congratulatory gift for someone you love, we have an honor card for that! Donations of any size are tax-deductible and we will provide a nice card for the recipient stating that a gift has been made in their name. Please consider a gift that gives back the next time you have an occasion to celebrate. Visit our website at [www.betterlife.org](http://www.betterlife.org), find us on facebook, call 935-4673 or just stop by! We would love to honor those you love.

Order today! 935-4673 or [tevins@betterlife.org](mailto:tevins@betterlife.org)



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## **Upcoming Events**

March 31st: Parenting Separately: 6-9pm; Paragould Community Center  
April 7th: Jonesboro Chamber Business Expo at the Convo; BLCC will have a booth, stop by and see us!

**April 8th-9th: *Love & Respect video Conference*  
*First UMC, Jonesboro***

April 16th-17th: HMG Health Fair at Convo; BLCC will have a booth, stop by and see us!  
April 21st: Parenting Separately: 6-9pm; Black River Tech, Pocahontas  
April 28th: Parenting Separately: 6-9pm; Craighead Co. Library, Round Room  
May 26th: Parenting Separately: 6-9pm; Craighead Co. Library, Round Room

\*All Parenting Separately classes are **FREE** and open to the public thanks to grants from TANF and The United Way of NEA

\*The Marriage Garden Workshop is **FREE** thanks to the support of a state of Arkansas TANF grant.

***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)***