



Saturday Behavioral Health Lifestyle Workshops

July - December 2009

1:00pm – 3:00pm

Except for Birding 101 = 10:00 am – 12:00 pm

Upper Level Lecture Hall

DATE	WORKSHOP TITLE	PRESENTER
7/4/09	NO WORKSHOP	
7/11/09	Everything in Moderation	Kathleen Cannon
7/18/09	Feeding the Need: Finding New Ways to Fill the Cookie Jar	Marit Weikel, LPC
7/25/09	Birding 101	Peter Perlman, LCSW
8/1/09	Understanding and Improving Your Relationship with Food	Sofia Rydin-Gray, Ph.D.
8/8/09	Introduction to Knitting	Katherine Applegate, Ph.D
8/15/09	Everything in Moderation	Kathleen Cannon
8/22/09	Birding 101	Peter Perlman, LCSW
8/29/09	Creativity as a LifeSkill	Bree Kalb, LCSW
9/5/09	Mind/Body Tools for Emotional Self Healing	Kathy Murray, LCSW
9/12/09	Introduction to Crochet	Katherine Applegate, Ph.D.
9/19/09	Birding 101	Peter Perlman, LCSW
9/26/09	Feeding the Need: Finding New Ways to Fill the Cookie Jar	Marit Weikel, LPC
10/3/09	Everything in Moderation	Kathleen Cannon
10/10/09	Creativity as a LifeSkill	Bree Kalb, LCSW
10/17/09	Birding 101	Peter Perlman, LCSW
10/24/09	Feeding the Need: Finding New Ways to Fill the Cookie Jar	Marit Weikel, LPC
10/31/09	Creativity as a LifeSkill	Bree Kalb, LCSW
11/7/09	Understanding and Improving Your Relationship with Food	Sofia Rydin-Gray, Ph.D.
11/14/09	Birding101	Peter Perlman, LCSW
11/21/09	Mind/Body Tools for Emotional Self Healing	Kathy Murray, LCSW
11/28/09	Creativity as a LifeSkill	Bree Kalb, LCSW
12/5/09	Feeding the Need: Finding New Ways to Fill the Cookie Jar	Marit Weikel, LPC
12/12/09	Birding 101	Peter Perlman, LCSW
12/19/09	Mind/Body Tools for Emotional Self Healing	Kathy Murray, LCSW
12/26/09	NO WORKSHOP	

Birding 101*** PLEASE NOTE: Time is different for this class only!! 10:00 am – 12:00 pm**

Interested in getting your exercise without noticing you're exercising? Having an interesting activity, moving your body and exploring new locations as close as home or as far off as you care to travel might just be your ticket! This workshop is an introduction to the world of bird watching, one of today's fastest growing recreational activities.

We'll start with a presentation on exploring the world of birds and some of the tools and resources that enhance it. Next we'll introduce you to some of the birds we're likely to see here in Piedmont North Carolina at this time of year. Then, if weather permits, we'll head out for a gentle walk of about a half-mile to see what birds are "in season." Wear comfortable outdoor clothing and shoes. A hat with a brim is recommended.

Creativity as a Life Skill

Many people use food to deal with distress and improve their mood. This class teaches you another way to create pleasure and satisfaction for yourself. Using simple art materials and found objects, you'll learn ways to express and release feelings and to simply enjoy yourself. Art experience or skill is NOT required.

Crocheting 101 – Introduction to Crochet

Boredom is often cited as a trigger for snacking. Combating boredom by structuring your "down time" with on-going projects can reduce this temptation to eat and help you manage your weight. Crochet is a popular and easy needle craft that is highly portable and can be carried with you conveniently to appointments, while traveling, or during commutes. This class will first provide participants with information about the basic skills needed to begin a simple crochet project, such as a scarf or hand towel. Then, participants can borrow hooks and yarn to practice the basics of crochet during the class. Those with experience in crochet are also encouraged to attend and assist others in the learning process or to show off some of their projects.

Everything In Moderation

Julia Child Advocated the idea that everything in moderation was helpful. Many times people have a tendency to go overboard on work, food, or other types of activities. This class will talk about leading an active, but moderate lifestyle. Extremes in eating or other activities can be very taxing on the body and mind. This class will talk about keeping lifestyles on an even keel to ensure that a proper balance is being maintained.

Feeding the Need: Finding New Ways to Fill the Cookie Jar

Don't throw out that cookie jar just yet! In an effort to save the ceramic, we will use this workshop to fill the jar with new and exciting ways to comfort, uplift and even inspire!

This class has two parts. During the first part of the class we will brainstorm and strategize, as a class and on worksheets. Each participant will leave this class with new ideas and will be able to begin deciding what will be in their cookie jar at home. For the second part of the class, a variety of materials and projects are provided for those interested in beginning to work with the ideas they have created. Instead of reaching for a cookie when you are feeling tired, stressed or bored, what will be in **your** jar?

Knitting 101 – Introduction to Knitting

Knitting, crochet, and other needlecrafts are more popular than ever! New yarns and project ideas are not just for grandmothers anymore. In fact, knitting has been studied as an excellent form of relaxation. In this session, we will discuss how crafting in general can enhance your health and decrease your stress. Materials will be on hand to demonstrate fun and easy projects that are portable, colorful, and make great gifts. If you already know how to knit or crochet, please bring your materials and help a friend learn the art of needlecrafts. If you have other crafts that help you stress less, please bring them to show off your work.

Mind/Body Tools for Emotional Self Healing

Lifestyle change sometimes requires healing of long-standing emotional patterns and ways of thinking and acting that at times are hard to recognize. Understanding how these impact your ability to achieve sustainable change requires self-awareness, self-acceptance and self-nurture. In this workshop we will explore techniques for managing and transforming stress, self-judgment and difficult emotions into more manageable and healthy forms. The workshop will include mindfulness meditation, guided imagery, expressive art work, and other strategies for accessing intuition and inner wisdom.

Understanding and Improving Your Relationship with Food

Sometimes our relationship with food brings temporary comfort, yet holds us back from health and happiness. Come to this workshop to explore ways to change this relationship and open yourself up to experiencing and managing your emotions in a healthy way.