

## Community Workshop Series

# Womencare

*counseling center*

### **Life Transitions Workshops for Reflection and Healing**

**Shattered Dreams: From Grief to Growth**

Sunday, April 18, 2010

**The Transformational Journey  
of Life Transitions:**

**Opening to the Dark Emotions**

Sunday, May 16, 2010

**The Creative Juggling of Motherhood  
and Work**

Sunday, June 6, 2010

## Presenters

**Beth E. Katz**, MS, EdM, LCPC, CT, is an integrative, relational therapist, trained in family systems, who specializes in grief, trauma and major life transitions. Beth has presented nationally and provides consultation, supervision and training to hospice, hospital, school and agency professionals. Beth companions her clients through the darkness of grief, while focusing on the development of skills and insights necessary for growth. Using a direct and collaborative approach, Beth's warmth and humor supports the emotional and spiritual healing of her clients.

**Julie Scher Nebel**, MSW, LCSW, is a relational therapist working with individuals and couples. She specializes in the areas of peri- and post-partum concerns, and issues related to loss and grief, life transitions, relationship challenges, polyamory, sexuality, depression and anxiety. Julie believes in the dynamic and integral relationship of mind-body-spirit, and uses a caring, collaborative approach with her clients to help guide them to a place of greater self-awareness, empowerment, compassion, and health.

**Monica Robinson**, MSW, LCSW, is a relational therapist. For over 20 years, Monica has promoted healing and wellbeing through the expressive arts and experiential learning. While Monica specializes in problems of transition and issues of loss, she also counsels on related issues of depression, anxiety, trauma and relationship dilemmas. From a stance of nurturing empowerment, clients are encouraged to develop insight and increase capacities for work, play and relationship.

**Nicole Howell**, MSW, LCSW, is a relational psychotherapist who combines traditional, play, group and expressive arts therapies in her work with families, women, children, and teens. Specializing in trauma, body image and eating disorders, anxiety, and depression, Nicole believes that healing occurs when an individual is able to give voice to her experiences and reclaim a satisfying life with self and others. She values group process and community as crucial supports for moving through challenging transitions.

## Shattered Dreams: From Grief to Growth

Sunday, April 18, 2010  
10:00 a.m. – 4:00 p.m.

Womencare Counseling Center, Evanston

*Presented by Beth Katz & Julie Scher Nebel*

In a world often filled with disappointments and shattered dreams, how do we go on? How can we acknowledge shattered dreams and still wake up to hope? How do we gather the courage to grieve and the strength to dream new dreams?

This workshop will offer participants a framework that shattered dreams, far from limiting us, are opportunities for transformation. Participants will be provided with opportunities to reflect upon what has been lost, learn to embrace and safely express their grief, and learn tools for containment. We will explore the role that legacies play in shaping our dreams and the impact these legacies have on our sense of self when a dream is lost. Together we will uncover the hidden voices that tell us to define ourselves as “less than” or “unworthy.” Through the use of creative techniques, participants will begin the process of redefining what is possible and be supported in creating new dreams and meaningful narratives that support hope. This workshop welcomes both men and women.

*\$95, a limited number of partial scholarships are available*

Space is limited to facilitate discussion

*These workshops are intended for the community. Therapists are welcome if they will be addressing their own issues.*

## The Transformational Journey of Life Transitions: Opening to the Dark Emotions

Sunday, May 16, 2010  
10:00 a.m. – 4:00 p.m.

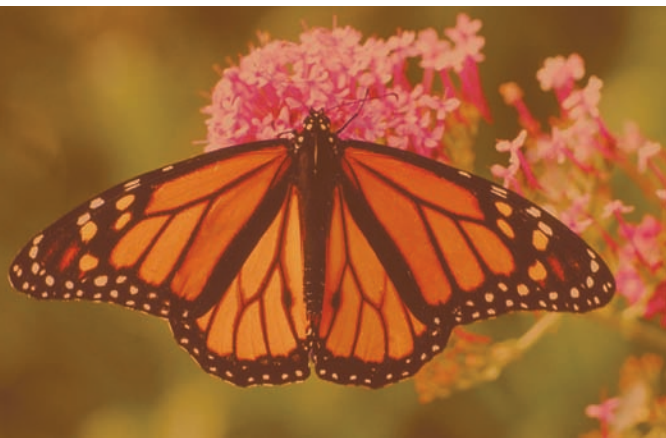
Womencare Counseling Center, Evanston

*Presented by Monica Robinson and Julie Scher Nebel*

There are times in our lives where a change leaves us feeling dismantled, lost, flattened or paralyzed. While these experiences leave us forever changed, they are also, like a wintering ground, the seedbed of new possibilities. Using an experiential format, workshop participants will be introduced to the notion that there are transformative powers in life's descents into darkness and will be encouraged to allow a new narrative to emerge with new potential. This workshop welcomes both men and women.

*\$95, a limited number of partial scholarships are available*

Space is limited to facilitate discussion



## The Creative Juggling of Motherhood and Work

Sunday, June 6, 2010  
10:00 a.m. – 1:00 p.m.

Womencare Counseling Center, Evanston

*Presented by Nicole Howell*

Why is it that mothers often feel as if they can't tell the truth about their experiences without fearing that they will be judged or shamed? We will provide the opportunity for mothers to safely and honestly share their feelings and experiences.

We will explore cultural messages about mothering and working women and discover together how we, as moms, can learn to accept a new rhythm in our lives and understand that this may not be the time to be perfect at everything! We will take time to share things we have each found that have worked for us in juggling the often competing demands of work and children. Ways to move through this time while enjoying parenting and integrating work will be presented. We will also provide information on postpartum depression and anxiety.

*\$55, a limited number of partial scholarships are available*

Space is limited to facilitate discussion

**Return completed registration form with payment to:**

Womencare Counseling Center  
1740 Ridge Avenue, Suite 201 • Evanston, IL 60201

Phone: 847-491-0530

Fax: 847-556-0644  
*(credit card only)*

## Location and Parking

These workshops are held at Womencare Counseling Center, located at 1740 Ridge Avenue in Evanston, between Church and Emerson Streets, right at the Green Bay Road/Ridge Avenue merge. Free parking is available south or west of the building in our lot. Please see our website at [www.womencarecounseling.com](http://www.womencarecounseling.com) for detailed directions and a map.

## Refund Policy

If you are not able to attend, you may send a substitute. Registrants who are unable to attend the workshop may request a refund if Womencare Counseling Center receives the request in writing. All refunds are subject to an administrative charge of \$30.00. Cancellations will not be accepted by telephone. No refunds will be made less than one week prior to an event.

### There are four ways to register:

1. Email [register@womencarecounseling.com](mailto:register@womencarecounseling.com) and provide us with your contact and payment information.
2. Call 847-491-0530 and provide us with your contact and payment information.
3. Mail a completed registration form with a check or credit card information to:  
Womencare Counseling Center,  
1740 Ridge Avenue, Suite 201,  
Evanston IL 60201,  
Attn: Registration.
4. Fax a completed registration form with credit card information to 847-556-0644

## Registration Form: Life Transitions

NAME

HOME ADDRESS

CITY

STATE

ZIP

HOME PHONE

WORK PHONE

EMAIL

### Please register me for the following workshops: **Fee**

- |  |      |
|--|------|
| <input type="checkbox"/> Shattered Dreams (April 18, 2010)                               | \$95 |
| <input type="checkbox"/> The Transformational Journey of Life Transitions (May 16, 2010) | \$95 |
| <input type="checkbox"/> The Creative Juggling of Motherhood and Work (June 6, 2010)     | \$55 |

Total=\_\_\_\_\_

### Payment Information

*Fee includes CEUs, refreshments, and program materials.*

- Enclosed is my check payable to: Womencare Counseling Center
- Please charge my credit card:
- MasterCard       Visa       American Express

CARD NUMBER

SECURITY CODE

NAME AS IT APPEARS ON THE CARD

EXP DATE

SIGNATURE

BILLING ADDRESS AND ZIP OF CARDHOLDER

PHONE NUMBER OF CARDHOLDER