# Family Support Centre Shirley

A free, confidential advice service for those experiencing a variety of issues such as bereavement, stress, unintended pregnancy etc

## The Family Support Centre is situated behind Shirley Baptist Church



# The centre has its own entrance, office and counselling rooms



### The centre is run by two Team Leaders, a group of volunteers and a panel of Trustees



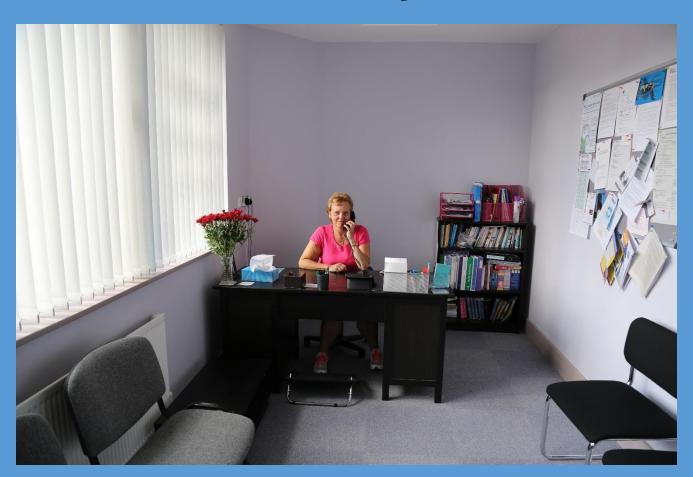
### We hold Team Meetings once a month



# The Team meetings include a devotion, prayers and training



# Appointments are made by phone, referral or in response to the advertising boards on the day



## Our friendly receptionists handle the appointments and welcome clients



# Our counselling rooms are welcoming and provide privacy and comfort



### The advisers usually work in pairs



# Our advertising boards are placed outside Kairos coffee shop and on the Stratford Road



### **Upcoming Events**

#### Marriage encounters

Oct 19th; Nov 2nd &23rd 7.30 - 9.30pm

#### **Divorce Care**

7 sessions beginning October 13th 7 - 9pm

#### Supporting the Bereaved

January 28th 10am - 4pm

#### Introduction to counselling course

14th Jan; 11th Feb; 11th March; 1st April

#### Supporting People in Crisis, Distress and Confusion

October to December on Wednesdays 1-3pm Contact Corinne Fenn to book your place 0121 744 8838

#### **Contact address:**

Family Support Centre Parkgate (rear of Shirley Baptist Church) Shirley B90 3BD

e-mail: <a href="mailto:admin@fscshirley.co.uk">admin@fscshirley.co.uk</a>

Website: www.fscshirley.co.uk

Open Mondays, Wednesdays & Fridays 10am - 1pm

#### JOINING THE FSC TEAM

 If you feel you could offer some time as an Adviser or a Receptionist, then speak to our FSC representative or ring the office.

We would love to talk to you.

#### A Christian Response to Support People in Crisis, Distress and Confusion

October - December 2016

This course is based on a biblical approach to caring for people who for a variety of reasons are suffering and need help to come to terms with their present situation and to grant them hope for their future.

By the end of the course you will have received teaching in 9 areas and a variety of tools to support people in crisis, distress and confusion including those who have post abortion syndrome.

To book contact Corinne Fenn 0121 744 8838



Course run by Dave Wort at the Family Support Centre

#### When?

#### Wednesdays 1-3pm

12<sup>th</sup> and 19<sup>th</sup> October 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> and 30<sup>th</sup> November

7<sup>th</sup> and 14<sup>th</sup> December

#### Likely topics?

- 1 Introduction: being alone / need / pain/ truth
- 2 The nature of crisis
- 3 Boundaries and compassion
- 4 The nature of post abortion support
- 5 Forgiveness
- 6 Guilt and shame
- 7 Accountability
- 8 Grief
- 9 Resolving conflict

#### Talking with bereaved people

28th January 2016

This one-day course offers a clear and practical framework fortalking with bereaved people.

Dodie will introduce an approach for structured and sensitive communication.

By the end of the course you will have a toolkit that enables you to know where a bereaved person is on their journey. You will learn some appropriate questions to ask and creative techniques to use.

Please bring your own lunch, or purchase a snack from the adjoining café. Refreshments will be provided throughout the day.

To book contact Corinne Fenn 0121 744 8838



**Dodie Graves**Author of Talking with
Bereaved People

A Day-Course at the Family Support Centre, Shirley

#### When?

#### Saturday 28th January 2016 10-3pm

#### What is covered in the course?

Introduction to bereavement counselling:

- 1. Hearing the bereaved person's story
- 2. Discovering what was good about their life
- 3. Celebrating their life
- 4. Giving worth to the legacy left behind
- 5. Coping with a strategy and understanding
- 6. Journeying together



#### **Marriage Enrichment Course**

### Want to grow in your partnership and bring a fresh spark to your marriage?

- 4 evenings to explore the foundations of marriage and look at topics including communication, conflict, love in action, forgiveness and forward thinking.
- Introductory presentations, and plenty of time for private discussion in couples.
- Facilitated by Paul and Frances Campion

When? Wednesdays October 19th, November 2nd and 23rd, and a final date to be confirmed - from 7.30 to 9.30 p.m.

Where? Shirley Baptist Church

Book in now — contact Shirley Baptist Church by email — office@shirleybaptist.org.uk or phone 0121 733 8089 to book your place.



### An Introduction to Listening and Counselling Skills course with Dorothy Louden

#### When?

4 Saturdays 9am—4pm

14<sup>th</sup> January 2017

11<sup>th</sup> February 2017

11<sup>th</sup> March 2017

1<sup>st</sup> April 2017