

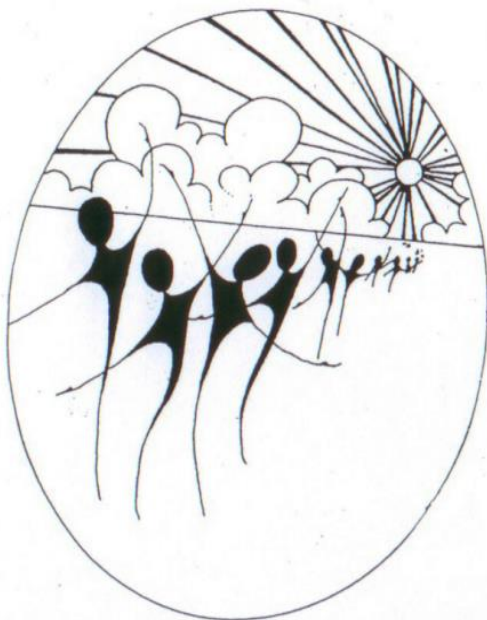
**St. Michael's Family Life Centre  
Church Hill  
Sligo  
0719170329**

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[stmichaelsfamilylife.com](http://stmichaelsfamilylife.com)



**Spring/Summer  
2016**

*St. Michael's Family Life Centre aims to create a place of compassion and confidential listening where people are welcomed at all stages of their lives. It models social inclusion and seeks to enable all those who come to the centre to create community wherever they live and work.*



RIP Just before Christmas St. Michael's was saddened to hear of the death of one of our regular Bridge players, John McGovern. May he Rest in Peace

## MORNING PROGRAMMES

### **MEDITATION FOR LENT.**

*Madeleine Morris*

This is a gentle silent form of prayerful meditation during the 5 weeks leading up to Easter where we become more aware of the presence of God in the stillness at the core of our being. It is deeply rooted in the Christian tradition. **Tuesday 16th February-15th March at 11a.m.**

**Cost:** A voluntary contribution.

### **CREATIVE WRITING**

*Orfhlaith Ni Chonaill.*

Creative writing can be fun, therapeutic and enjoyable and being part of a group can be the spur to begin writing or return to it after a break. This course, facilitated by a published writer and experienced tutor, will be informal and welcoming to all whether newcomers or those with past experience. There will be time to write and share as participants require. **6 Monday mornings 10.30-12.30 beginning February 8<sup>th</sup>** **Cost:** €80 (A further 6 weeks can be arranged after Easter if the group wish)

### **YOGA WITH BERNIE**

*Bernie Burke*

This Yoga course is suitable for all ages, both beginners and improvers. It will teach gentle Hatha Yoga breathing, simple yoga postures, relaxation and meditation techniques. Numbers limited to 9. Each session lasts 1 hour.

**6 Tuesday mornings at 10.00am starting February 9<sup>th</sup>.**

**A second course of 6 weeks will start after Easter on Tuesday 12<sup>th</sup> April.**

**Participants in first course can re-enrol for this.** **Cost:** €60

### **ART CLASS**

*Karen Burns*

This art class is suitable for both beginners and those who have some experience. The medium used is Acrylics and the tutor will cater for a range of abilities in a relaxed and friendly atmosphere. So if you would like to try your hand at painting or develop your artistic side, this course may suit you.

**8 Monday mornings 10-12pm 1st February-21<sup>st</sup> March** **Cost:** €90

**MORNING BOOK CLUB** The St. Michael's Morning book club resumes in January. The club meets monthly on **Wednesdays at 11am.** Contact the centre for dates. Enquire re availability. **Cost:** A voluntary contribution

## **BRIDGE CLUB**

We welcome back all members of last year's bridge clubs. **Wednesday and Thursday Clubs resumes on January 13/14<sup>th</sup> at 10am for 10 weeks. A further 10 weeks will be available from Easter to Summer.**

Cost: €50 for 10 weeks

## **JEWELLERY MAKING & FIXING**

*Maria Lane*

Maria has a BA in fine art and has studied craft and design, working with costume jewellery for the past 7 years with a focus on design, fixing, up-cycling, and recycling. This course is suitable for beginners who will learn different techniques of jewellery making and fixing in a calm atmosphere and at their own pace. Participants who have attended previous classes will find new things to interest them also. Bring along broken or unused pieces you might like revamped, fixed or take apart and made into something new. These relaxed and pressure-free classes were received very positively by previous participants. Places are limited. **6 Monday mornings 10.30am to 12pm starting February 8th** Cost: €70 to include materials.

## **HAPPY HEART—HOW TO LOWER YOUR CHOLESTEROL THROUGH DIET**

*Doris Rabe*

This 2 week course shows participants how to eat to lower cholesterol and take control of health. It will show how to use simple widely available ingredients in cooking nutritious interesting meals that are good for your heart. It is a fun practical course which will tickle your taste buds with lots of recipes and samples provided. Limited numbers **Thursday 3<sup>rd</sup> and 10<sup>th</sup> March 10.30-12.30** Cost: €30

## **MINDFULNESS AND RESILIENCE – Ongoing monthly mindfulness sessions: starting 22<sup>nd</sup> January.**

Based on the 8 week Mindfulness Based Stress Reduction courses currently being run by Frances in St Michaels, these 1 hour monthly sessions will draw on a variety of mindfulness meditation practices currently being used in healthcare and workplace settings in the US, Europe and further field. They will be an opportunity to explore how mindfulness can enhance the quality of our lives, and lead to greater calm and ease. Suitable for those who wish to bring regular mindfulness into their lives, or to re-energise and restore an existing practice. **Friday lunch time 1.30 – 2.30. Cost: €30 for 3 months**  
**Facilitator: Frances Larkin**

## **INFANT MESSAGE**

*Helen Culkin*

Infant massage is an ancient art that connects you deeply with your baby. It helps you to understand your baby's particular non verbal language and to respond with love and respectful listening. Research shows it enhances parent-baby attachment, regulates sleep and decreases colic. Classes are suitable for pre-crawlers only, however the techniques taught can be used on children of all ages. **5 Friday mornings 11am-1pm starting 5<sup>th</sup> February**  
Cost: €100

## **NATASCHA'S GROW YOUR OWN**

*Natascha Telford*

As the growing season approaches, this course will take participants on a journey of discovery. As a participant in this course you will join our core group of gardeners and learn from their experience under gardener Natascha. At the end of the 10 weeks you may, if you wish, continue to work in the garden until the end of the season. **10 Thursdays at 3pm starting early April**  
Cost: €70

## **GROW**

This confidential support group promotes good mental health through a twelve step programme of personal growth. Enquiries, in confidence to 0719170329 or 086 8516939. Tuesday mornings at 10.30 or Wednesday evenings at 7.30pm. Cost: A voluntary contribution

# **EVENING PROGRAMME**

## **BEREAVEMENT SUPPORT GROUP**

*Kathleen Conneely*

Bereavement can leave us feeling raw and vulnerable. It can be helpful to meet others going through a similar experience, to talk and share feelings and coping strategies. This 6 week support group will be informal and participant led with time for talking and listening in a confidential setting. Date to be confirmed. Cost: A voluntary contribution.

## **THE ART OF MINDFULNESS**

*Frances Larkin*

Mindfulness is the practice of paying attention on purpose and non-judgementally, to what goes on in the present moment. The course offers participants an opportunity to learn mindfulness practices that help to increase awareness, engagement and balance, with a resulting increase in the ability to respond to stress and pain. It is a very popular method of increasing ones sense

of personal confidence and of renewing powerful inner resources for healing. **8 Thursday evenings 7.30-9.30 starting February 4th plus 1 Saturday:**  
Cost: €100 to be paid at enrolment.

### **RAINBOWS**

This is a programme of support for children and teenagers who have experienced the loss of a parent through separation or death. It is facilitated by caring adults who are specially trained for this work. Contact 9170329 for enrolment details

**This year's programme commences on  
Tuesday January 12<sup>th</sup> .**

**A small number of places may be available for this session.**

### **COMMUNICATION, CONFIDENCE AND ASSERTIVENESS**

*Pernille Burns*

How we communicate and interact with others can make all the difference to our confidence. When we know how to assert ourselves confidently our relationships will be improved and all aspects of our lives will be enhanced. Good communication skills and the resulting confidence this inspires helps us to assert ourselves and deal with conflict situations calmly and appropriately. These skills help us to deal with criticism in a positive manner which in turn will help us to build strong relationships at home, at work and in the wider world. **6 Tuesday evenings 7.30-9.30pm starting April 5<sup>th</sup>.**

Cost: €70

### **ART CLASS**

*Karen Burns*

This art course is aimed at beginners and those with limited experience of painting. It aims to give participants an introduction to painting with acrylics and help them to explore their artistic side. **6 Tuesday nights 7.30-9.pm beginning April 5th**

Cost: € 60

## **LOVE YOURSELF, HEAL YOUR LIFE.** *Catherine Whitehead*

Based on the philosophies of international best-selling author and motivational speaker Louise Hay, this program teaches the importance of loving ourselves. In a nurturing environment it helps us to be aware of our own thoughts and how to choose more loving ones. It helps us to uncover and release old limiting patterns that do not serve us and forgive others and ourselves. Over the course of the six weeks you will learn tools to use in your daily lives to remind you that you are perfect whole and complete. **6 Monday 7.30-9.30pm starting April 4<sup>th</sup>** Cost: €80

## **FLOW YOGA FUNDAMENTALS: BEGINNERS** *Hilary Ruane*

Vinyasa Yoga is a dynamic style of yoga that connects the breath with movement in a rhythmic flow. It is a fast paced style moving quickly between postures generating a lot of heat. It requires strong focus and concentration to stay connected to the movements and the breath. A reasonable level of fitness is required for this dynamic class. You will need to bring a non-slip yoga mat. **Guidelines:** Yoga is best practiced barefoot on a rubber mat for safety purposes. Yoga is best practiced on an empty stomach as some poses are inverted. **8 Monday evenings from 6.30-7.30pm starting 18<sup>th</sup> January** Cost: €80

## **WEEKEND PROGRAMMES**

### **CREATING HAPPINESS FOR OURSELVES** *Pernille Burns*

We often look outside ourselves for happiness and think it will come with the next job, a holiday, a new car or finding a relationship. This morning will show how we can use personal development techniques to discover how we can achieve a lasting happiness that is not dependent on external circumstances. Backed up by thoroughly researched methods we will explore and begin to train our brains to become more positive. **Saturday 6<sup>th</sup> February 10am to 1.30pm** Cost: €30

### **COOKING WITHOUT GLUTEN, DAIRY, YEAST & SUGAR** *Doris Rabe*

If you are overweight, lacking energy or suffering from headaches, skin conditions or poor digestion, you might be reacting to some of the foods you are eating. Anyone with food intolerances or allergies, chronic fatigue or other illnesses will benefit from excluding wheat, gluten, dairy, yeast and sugar from

their diet, even if it is just for a couple of weeks. Learn more about tasty breakfast, lunch and dinner options as well as guilt-free snacks and desserts including recipes and samples to taste, alternative foods and where to buy them and what ingredients to have in the larder. The focus will be on healthy foods simply prepared that the whole family will enjoy. **Saturday 27<sup>th</sup> February 10.30-4.30pm** Cost: €55 to include a light lunch

## **CREATING MANDALA AS A SELF-HEALING TOOL**

*Patricia Fitzgerald*

Creating a Mandala connects us with our true nature, centering us fully in the energy of NOW – the present moment. The creation of mandalas is an active meditation for the purpose of personal growth and self healing and manifestation. When we work with our mandala we may experience moments of clarity, harmony, peace and inner happiness. In this workshop, you will be lead on a journey of self discovery and your connection to all that is. Creating a mandala without thought and fully experiencing the present moment is a key of self awakening. Listen to your heart and be guided by your intuition. The mandala reflects your true self. It is a perfect way to reconnect your inner creativity and inner child. You will be amazed at how effortlessly you can create a beautiful Mandala. Numbers limited.

**Saturday 5<sup>th</sup> March 10.30-4.30pm.** Cost: €60 to include a light lunch.

## **SPRING-YOUR TIME TO BLOSSOM** *Ann-Marie Frizzell*

Spring is the ideal time to sow the seeds for better health and wellness. Join us for this one- day wellness workshop and learn simple yet effective techniques, for adopting a healthier lifestyle, improving your diet, increasing your physical activity and managing stress in your life. Ann-Marie's book 'Time to Blossom- Harvesting Wellness and Wisdom on Your Personal Life Journey' was published recently.

**Sat 12th March 10.30-4.30pm** Cost: €55

## **PARENTING TEENS—CHANGE AND CHALLENGE** *Pernille Burns*

The teenage years are ones of change and development which can be challenging for both parents and child. This morning workshop focuses on the positives in that relationship and how parents can develop strategies to cope with situations which may arise such as bullying, friendships and exam stress.

**Sat 9<sup>th</sup> April 10am to 1pm** Cost: €20



## **AYURVEDA & YOGA WORKSHOP**

*Hilary Ruane*

Ayurveda is India's ancient holistic healing system that aims to bring balance to overall health and supports mind and body. Participants will discover their individual Dosha (mind & body types) by constitution analysis. Dietary and lifestyle recommendations are given for each Dosha and participants will learn customized yoga sequences, breathing techniques and meditation suitable for their own Dosha type. Numbers limited. **Saturday 2<sup>nd</sup> April 10.am-1.30.**

Cost: €30

## **A DAY FOR YOU**

*Catherine Whitehead*

Our spiritual aspect is our inner essence, our soul, the part of us that exists beyond time and space. It connects us with the universal source and the oneness of all life. Developing our awareness of the spiritual level of our being allows us to experience a feeling of belonging in the universe, a deeper meaning and purpose in our lives, and a broader perspective than we have from our personality alone. This one day workshop invites you to 'come home to yourself'. Through the use of Visualization and Meditation, Art, Stillness, Writing and Colour, this enjoyable day in a relaxed environment opens you up to a deeper relationship with yourself and the Universal wisdom within.

**Saturday 16<sup>th</sup> April 10.30-4.30pm.** Cost: €55 to include light lunch

## **LIGHT AND LIVELY SUMMER COOKING** *Sinead Grimes*

Learn how to cook nutritious meals using a variety of vegetables, fresh herbs, beans and grains and how you can benefit from a wholesome diet. Recipes are light and easy to prepare bringing a theme of Energy and Vitality for summer to inspire you to bring some vegetarian dishes into your everyday cooking.

Numbers are limited. A nutritious lunch is included. **Saturday 14<sup>th</sup> May 10.30-4.30pm.** Cost: €60

## **MINDFULNESS - INTERNAL WEATHER.** *Derval Dunford*

Have you ever noticed how the external weather changes moment to moment? Have you noticed that the internal weather changes moment to moment too? Maybe you think that only happens to you. Everyone else is totally balanced and at ease. Rest assured it happens to all of us, the good news is that when we take a step back and see clearly that nothing is permanent we can actually reduce our suffering a little, maybe even quite a lot. Join us for an exploration of mindfulness in the busy mind and busy life.

**Saturday 21<sup>st</sup> May 10.30-4.30**

Cost: €55 to include a light lunch

## **OTHER SERVICES**

### **PROFESSIONAL COUNSELLING**

A professional counselling service is available at the centre. Counsellors are IACP accredited. The service provides help for families, couples and individuals including children from 9 years. To access the service, contact 071970329 and leave contact details. Our counsellor will ring you back to arrange an appointment. Counsellors are available by appointment and as far as possible at times convenient to those who need them.

Cost: Donation based.

### **SPIRITUAL ACCOMPANIMENT/DIRECTION**

Trained spiritual directors are available and a list of names of directors is available at the centre. Cost: A voluntary contribution

### **SENIOR CITIZENS GROUP**

Our senior citizen group meets at the Centre on the first and third Wednesday of the month at 2.30pm resuming in February. New members are very welcome to come along and enjoy a chat, a cup of tea and some games and music. Contact Centre for details.

### **A GIFT WHEN YOU NEED IT**

Friends of the centre who are qualified in reflexology, aromatherapy and facials have volunteered some sessions every week in response to needs. Please call Deirdre at 071-9170329 to make an appointment.

### **LIFERING**

LifeRing is a self-help and peer-led support group for people who want to live free of alcohol and other addictive drugs. We offer a practical and empowering approach to addiction recovery. Meetings are held every Tuesday evening at 7.30pm in St. Michael's Family Life Centre, Church Hill, Sligo. All are welcome. If you need further information please contact 086 8417261/086 3398533 or [www.liferingdublin.com](http://www.liferingdublin.com)

St.Michael's Family Life Centre is supported by:

**Tusla; F.S.A; Parishes of Sligo Area; Diocese of Elphin; Co.Sligo  
ETB; F.A.S.; Friends of the Centre**

## **SUPPORT GROUP MEETINGS IN ST. MICHAEL'S**

- **A.A**  
TUESDAY @ 1PM  
WEDNESDAY @ 7.30  
SATURDAY @ 1PM  
SATURDAY @ 8.30PM  
SUNDAY @ 11.30PM
- **G.A.**  
SUNDAY @ 7PM  
TUESDAY @ 7PM  
WEDNESDAY @ 1PM  
THURSDAY @ 8.30PM
- **GAM ANON:**  
SUNDAY @ 7PM
- **GROW:**  
TUESDAY @ 10.30AM  
WEDNESDAY @ 7.30PM
- **NA:**  
MONDAY @ 8.30  
WEDNESDAY @ 8PM  
FRIDAY @ 7.30  
SATURDAY 6-7PM
- **LIFERING: TUESDAY @ 7.30**
- **AL ANON: WEDNESDAY @ 8.30**  
SATURDAY @ 12.30PM  
SUNDAY @ 11.45AM
- **TOP (TRIUMPH OVER TRAUMA): WEDNESDAY 8-9.30PM**

## **Enrolment for courses:**

phone 071 9170329;

email: *stmichaelsfamilylifecentre@eircom.net*

Call in person during office hours

9.30am-4.00pm Monday-Thursday

9.30-3pm Friday

All enrolments are on first come basis and will continue while places are available.

Non-refundable deposits for Saturday seminars are payable at enrolment

Full payment at enrolment for all other courses

Minimum numbers needed for all courses.  
Some courses have limited availability.

Where a course is cancelled by the Centre a full refund will be given.