

REBUILDING AT BETHEL

Registration Form:

Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Genesis Rebuilding Both

Starting Date of Choice: _____

Rebuilding Class Fee is \$275.00

____ Early registrations special, \$250 (if paid in full at least two weeks prior to the first night of class)

____ Enclosed is my \$25.00 non-refundable registration fee that will be applied to the cost of the class. (Required at the time of registration) The \$250.00 balance is due on opening night unless another arrangement has been made with the instructor.

____ I would like to make arrangements to pay by installments. Please find my \$25.00 registration fee enclosed.

Mail to: Sonas Behavioral Health
6402 Odana Road
Madison, WI 53719
Atten: Margaret Lambert

Make checks payable to: Margaret Lambert

QUESTIONS ABOUT THE CLASS ?

You can contact:

Margaret Lambert, LCSW -- 608-204-6076 ext. 1

Email: puffinspresentations@hotmail.com

John Neupert, LCSW -- 608-204-6076 ext. 5

Email: johnneup@charter.net

The *Rebuilding at Bethel* programs are managed and facilitated by professional mental health providers.

Together we will negotiate the difficult waters of separation and divorce. *You* are not alone.

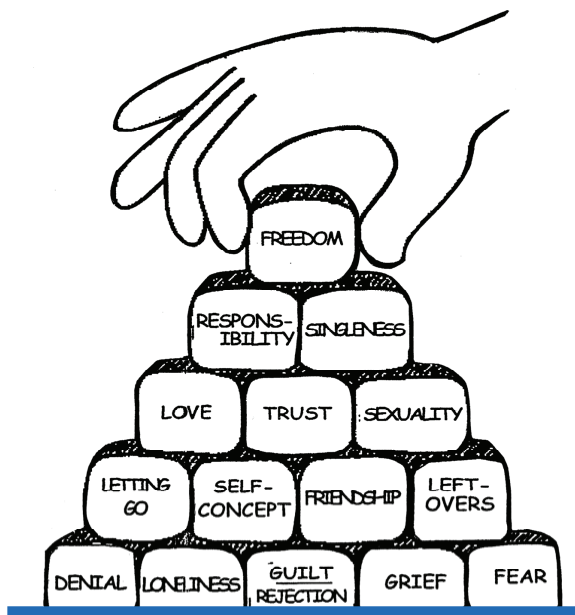
Genesis is offered four times a year on Tuesday evenings from 6:30 pm to 8:00 pm.

Rebuilding is offered four times a year on Tuesday evenings from 6:30 pm to 9:30 pm. The first night forty minute opening presentation is free to the public.

BETHEL LUTHERAN CHURCH
312 WISCONSIN AVENUE
MADISON, WISCONSIN, 53703

Bethel is located in downtown Madison (two blocks north of the capitol) on Wisconsin Ave. between Johnson Ave. and Gorham Ave.

Parking entrance is off Gorham.
Signage will direct you to the Good Shepherd Chapel.



REBUILDING AT BETHEL

A Three Part Series for Anyone Ending a Love Relationship

Facilitated by:

Margaret Lambert, LCSW
John Neupert, LCSW

Classes and groups are offered on Tuesday evenings.

Start dates for both are:

October 18, 2011

January 10, 2012

April 3, 2012

June 26, 2012

REBUILDING AT BETHEL

If you are ending a committed relationship, whether through divorce or through separation, *Rebuilding at Bethel* offers a safe place to share your thoughts and feelings as well as find information, guidance, support and friendship. Through the *Rebuilding* process you will also discover a new awareness of your own personal growth potential.

Rebuilding at Bethel is a non-denominational series that offers three different approaches to the divorced or separated recovery process. These are as follows:

Genesis: This group is intended for individuals who have recently decided to end their committed relationship or have just learned that their relationship is ending. This ten week support group is free and is facilitated by John Neupert, LCSW. Individuals must call to schedule a telephone intake and receive a brief orientation before coming to this group as group size is limited to eight. Contact John at 608-204-6076 ext. 5.

Rebuilding: This class is based on Dr. Bruce Fisher's best-selling book *Rebuilding: When Your Relationship Ends.* The class meets for three hours, one evening a week, for ten weeks and covers the nineteen stumbling blocks of the divorce recovery process. This class is taught and facilitated by Margaret Lambert, LCSW. See the attached registration form or contact Margaret at 608-204-6076 ext. 1

Movin' On: This group is intended for graduates of the *Rebuilding at Bethel* program. This social networking group, managed and facilitated by volunteer graduates of *Rebuilding at Bethel*, allows members to continue to connect and build friendships which will help them reconnect with their community as a newly single individual.

WEEKLY TOPICS OF THE TEN-WEEK REBUILDING CLASS

GRIEF AND DENIAL

The autopsy –what happened to my relationship?
Why did it die?

FEAR AND ANGER

“How will I make it on my own?”
“I don't know where all this rage is coming from.”

GUILT AND REJECTION

“I tried hard but just can't do it anymore.”
“How can my partner just leave me?”
Am I the dumper or the dumpee?

ADAPTATION AND TRANSITION

“But it worked when I was a kid.”
“Now it's time to get rid of the baggage.”

LONELINESS AND FRIENDSHIP

“Will this empty feeling ever go away?”
“How will I ever make friends in a culture that is all about being a couple?”

TRUST AND OPENNESS

“I will never fall in love again.”
“Do I dare be my real self again?”

SELF-WORTH

“Maybe I'm not so worthless after all.”

LETTING GO AND LOVE

“How do I stop loving/hating my spouse?”
“Can I ever love someone again or could someone ever love me?”

RELATEDNESS AND SEXUALITY

We need support, companionship and feedback to help us grow, but for some that can be quite scary.

SINGLENES AND PURPOSE

“Do you mean it is okay to be single and to create my own new goals?”

THE FACILITATORS

MARGARET LAMBERT, LCSW, was personally trained by Dr. Bruce Fisher to teach the Rebuilding course. She is co- owner of Sonas Behavioral Health of Madison and has been in private practice for the past fifteen years. Margaret developed and teaches the course: *Dating Dementia: Avoiding it the Next Time Around* and has written the course manual by the same title. She has been a therapist volunteer at the Separated-Divorce group since 2001. Margaret brings to the class extensive training and experience in divorce recovery work, a strong understanding of healthy boundaries as well as a special interest in the art of communication and conflict resolution.

JOHN NEUPERT, LCSW, a participant in the Separated/Divorce group in 1993, has remained a therapist volunteer since then. He has 25 years experience as an AODA and Mental Health therapist and currently works for the Mental Health Center of Dane County and is in private practice at Sonas Behavioral Health. John uses what he has learned from the individuals he has had the pleasure of working with for the past 18 years to help those he now leads through the pain, grief, and difficult changes in their lives.

