



CONSULTATION CENTER

“Respecting the Unity of Mind, Body and Spirit”

September - October 2016

CALENDAR

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| September 10 | <i>A Seminar on Dreams</i> |
| September 26 | <i>Suicide Prevention Workshop</i> |
| September 27 | <i>Downsizing for Seniors</i> |



Visit our web site at
www.consultationcenteralbany.org.

Downsizing for Seniors

Thinking of moving to smaller quarters? Need to downsize your “stuff?” Come to this workshop for help. You’ll learn key downsizing points, where to start, how to deal with sentimental items, what lists are important to make, how to determine how much and what to downsize, and why you must start now even if you’re undecided where you’ll live.



Helen Volk, BS, JD

A retired lawyer and former pack rat who has downsized her possessions three times . . . president of Beyond Clutter, a company that has helped clients de-clutter their lives since 1991 . . . thinking of downsizing again.

**Tuesday, September 27 from 1:30 to 3:30 p.m.
Pastoral Center, 40 North Main Ave., Albany
\$10.00**

**Downsizing workbook available from the instructor:
\$18.00**

Consultation Center

Published four times a year by the Consultation Center of the Roman Catholic Diocese of Albany, 790 Lancaster St., Albany, NY 12203

**790 Lancaster Street at North Main Avenue, Albany, NY 12203
(518) 489-4431**

A Seminar on Dreams and Jungian Concepts Associated with Dream Work

Spiritual Direction is the art of companioning another as they seek to hear God's voice in their lives. Dreams, at times referred to as God's forgotten language, can play a prominent role in receiving the divine's message and lead one to inner peace and healing, both spiritually and psychologically.





The famed psychiatrist C.G. Jung wrote:

Dreams are neither deliberate nor arbitrary fabrications; they are natural phenomena which are nothing other than what they pretend to be. They do not deceive, they do not lie, they do not distort or disguise. . . they are invariably seeking to express something that the ego does not know and does not understand. (The Development of Personality, Collected Works 17)

This seminar will describe the process of dream interpretation from a Jungian perspective and will outline key Jungian concepts associated with our dreams. The seminar is for those who wish to begin to understand the process of dreamwork as well as for those already practicing the art of exploring their dream world.

Deacon Charles Hall, MA

Chaplain at the Capital District Psychiatric Center. He holds a certificate in Jungian Psychoanalysis from the C.G. Jung Institute of New York and an MA in Theology from Saint Bernard's School of Theology and Ministry. He received his training in spiritual direction at Wellsprings Retreat Center.

**Saturday, September 10 from 9:30 a.m. to 3:00 p.m.
Pastoral Center, 40 North Main Ave., Albany
\$25.00**

You are invited to bring your lunch.

To register, contact the Consultation Center at 518-489-4431.

The Suicide Prevention Workshop

Misconceptions

Myths

Are there warning signs???
Did you know that
almost 30,000 American suicide
deaths occur every year?



This evening's presentation will provide an overview of suicide as a public health issue. Some basic data reflective of suicide in the United States and New York State will be provided. Some of the common myths and misconceptions surrounding suicide will be addressed as well as some of the common invitations for help (aka "warning signs") that people struggling with thoughts of suicide often give.

Presenter: Garra Lloyd-Lester

*Assistant Director of the Suicide Prevention Center of
New York State*

Sponsored by

The Consultation Center

Our Lady of the Assumption Parish, Latham Suicide Prevention Center of New York State

**Monday, September 26 from 7:00 to 9:00 p.m.
Our Lady of the Assumption Church
498 Watervliet-Shaker Road, Latham, NY 12110**

Anger Management

The Consultation Center offers a program of individual sessions on anger management. Arrangements can be made by calling the Center at 518-489-4431. The fee for these ten one-hour sessions is \$25 per session.

How to Create a Supportive Faith Community for Those with Mental Health Issues

This can be a one-night session or a multi-week training/reflection for a parish, local planning group, parish nurses or deanery to help participants learn how to:

- ¤ raise awareness of mental health issues locally,
- ¤ create an outreach to people with mental health issues,
- ¤ develop an advocacy program to address the larger needs of those with mental health issues.

For more information on how you can make this program available to your local group, please contact Father Tom Konopka at 518-489-4431.

REGISTRATION FORM

Enclosed is my check for \$ _____ to cover the fee(s) for the program(s) I have listed below. I understand that the registration fees are nonrefundable unless the program is canceled.

Name of Program(s):

Name _____ **Phone** _____

Address _____

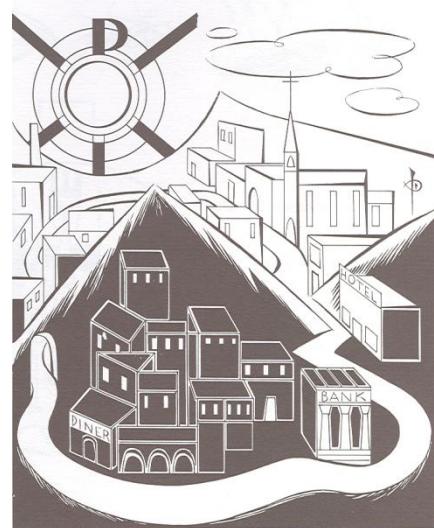
_____ **Zip** _____

Please make check payable and mail to:
Consultation Center, 790 Lancaster Street, Albany, NY
12203



The Spiritual Exercises for People in Everyday Life

Have you been wondering about your unique purpose as a Christian? Are you feeling restless in your ministry or personal life, wondering if it is the right choice for you? Would you like to deepen your prayer life and your relationship with Jesus?



Following the centuries' old process for spiritual growth developed by St. Ignatius of Loyola, the Consultation Center offers this ministry again this year. Over the course of approximately seven to eight months, participants meet once weekly with a spiritual director for about an hour. Together they explore the participant's unique imaginative prayer.

For further information about the Spiritual Exercises and a list of available directors, contact the Consultation Center.

Letters of attendance at workshops will be provided upon request.