

REBUILDING AT BETHEL

Rebuilding Seminar Registration Form:

Mail to: Puffins Presentations, LLC
P.O. Box 704
Sun Prairie, WI 53590

Name: _____

Address: _____

Hm Phone: _____

Cell Phone: _____

Email: _____

Rebuilding Seminar Fee is \$335.00 when paying via Pay Pal at:
www.puffinspresentations.com

____ I would like the early registration discount. Please find my check for \$310.00 enclosed – to qualify checks must be received no later than 10 days prior to the starting date of the class you have chosen to attend.

____ I would like to apply for a partial scholarship. Please call me to set this up.

Make checks payable to: Margaret Lambert

FOR INFORMATION ABOUT THE CLASS

Margaret Lambert, LCSW -- 608-204-6076 ext. 1
Email: puffinspresentations@hotmail.com

FOR INFORMATION ABOUT GENESIS

John Neupert, LCSW -- 608-249-7281
Email: johnneup@gmail.com

The *Rebuilding at Bethel* program is managed and facilitated by professional mental health providers.

Genesis Separated and Divorced Support Group is free and meets every Tuesday evening from 6:30 pm to 8:00 pm.

The Rebuilding Seminar is ten weeks in length and is offered four times a year on Tuesday evenings from 6:30 pm to 9:30 pm.

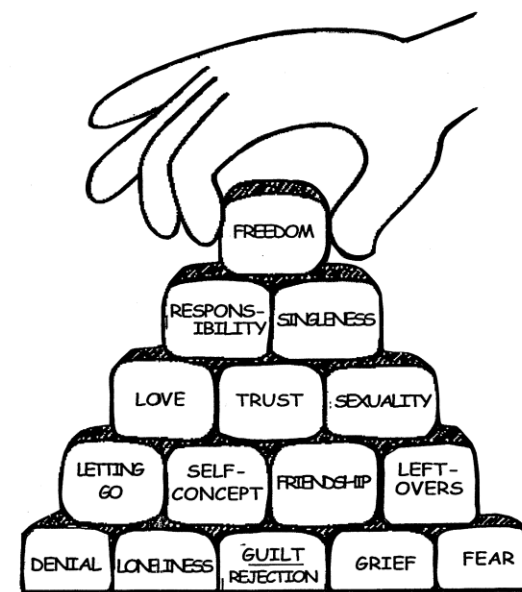
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*Together we will negotiate the difficult waters of separation and divorce. **You are not alone.***

**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 St. and Gorham St.

Parking entrance is off Gorham St. Once in the building signage will direct you to our space.



REBUILDING AT BETHEL

A Three Part Program for Anyone Ending a Committed Relationship

Facilitated by:

Margaret Lambert, LCSW
John Neupert, LCSW, CSAC
Judy Cresson, LPC, CSAC

January 14, 2020
March 31, 2020
July 7, 2020
October 6, 2020

Visit: www.puffinspresentations.com

REBUILDING AT BETHEL

If you are ending a committed relationship, through divorce or through separation, *Rebuilding at Bethel* offers a safe environment to share your thoughts and feelings as well as to find information, guidance, emotional support and friendship.

Rebuilding at Bethel is a non-denominational program 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 support group meets weekly and is free. It is facilitated by John Neupert, LCSW and Judy Cresson, LPC. Interested individuals should contact John to determine if this group is appropriate for their needs and to receive a brief orientation.
Contact John at 608-852-3239.

Rebuilding: This seminar is based on the book *Rebuilding: When Your Relationship Ends*. The class meets from 6:30 to 9:30 pm on Tuesday evenings for ten weeks and covers the topics listed on this page. The seminar is 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 seminar. This support and social networking group is managed by graduates of the Rebuilding Class. Participation 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.”

ADAPTATION AND TRANSITION

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

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?

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.

SINGLENESS AND PURPOSE

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

THE FACILITATORS

MARGARET LAMBERT, LCSW, was trained by Dr. Bruce Fisher to teach the Rebuilding course and has been involved in divorce recovery work since 1997. She has been in private practice for 23 years and is co-owner of Sonas Behavioral Health of Madison. Margaret developed and teaches the course, *Dating Dementia: Keeping Your Brain in the Dating Game* and authored the book by the same title. She also teaches the classes, *Beyond the Looking Glass* a self-esteem and relationship class for women and *Quest: A Man’s Journey to Regain Self-Esteem*. Margaret brings to her classes extensive training and experience in divorce recovery, self-esteem building, healthy relationship building as well as the art of conscious communication and conflict resolution.

JOHN NEUPERT, LCSW CSAC, a participant in the Bethel Separated/Divorce group in 1993, has remained a therapist volunteer for Genesis. John, who is recently retired from private practice, has 32 years of experience as an AODA and Mental Health therapist. John uses what he has learned from the individuals he has had the pleasure of working with to help those he now leads through the pain, grief, and difficult changes in their lives.

JUDY CRESSON, MS, LPC, CSAC has been a therapist volunteer in Genesis for the past 3 years. She manages her private practice in both Madison and Verona. Judy is trained as a chemical Substance Abuse Counselor, a Marriage and Family Therapist as well as an Emergency Medical Technician. Working in the emergency care field has contributed to her interest in assisting clients with trauma related concerns. Her experience working with a wide variety of individuals has helped her understand the challenging burdens of those she serves in Genesis.