

Educational Lecture Series ★ Summer 2011 Calendar

Thoughtful Thursdays

Evening lectures on mental health & wellness topics that coincide with National Awareness Months

\$25 fee per lecture, includes hors d'oeuvres & refreshments

All lectures are presented by professionals and experts in the field of mental health and wellness

Thursday, July 14th

6pm - 8:30pm **The Steps to A Child-Centered Divorce**
Presented by Christina Sofiakis, LCSW

This lecture will outline the steps to navigate through the challenges of divorce, while putting your child's well-being first. Fathers and mothers are encouraged to attend.

Thursday, August 18th

6pm - 8:30pm **Mothering Like Panagia: The Steps to Raising a Son**
Presented by Christina Sofiakis, LCSW

This lecture will discuss the relationship between the Madonna and her Son, Jesus Christ, and outline the steps to raising an emotionally resilient man. Mothers with sons of all ages are encouraged to attend.

Thursday, September 8th

6pm - 8:30pm **A Woman's Journey Through Menopause: Dispelling The Myths**
Presented by Athanasia Katris, MA

This lecture will outline the characteristics of menopause and give a refreshing perspective on this life chapter. Pre-menopausal women are encouraged to attend.

Thursday, September 22nd

6pm - 8:30pm **The Road To Recovery: The Cycle Of Addiction**
Presented by Christina Sofiakis, LCSW

This lecture will provide information on various addictions, and outline the necessary steps to a successful road to recovery. Individuals struggling with addiction and their families are encouraged to attend.

Thursday, September 29th

6pm - 8:30pm **Creating Your Legacy: What Footprints Do You Want To Leave On This Earth**
Presented by Christina Sofiakis, LCSW

This lecture will inspire participants to create the legacy they want to leave behind in life. It is never too soon to think about how you want to be remembered when you're gone. Adults of all ages are encouraged to attend.

Attention all mental health professionals:

Beginning in September, Hellenic Foundation will be providing a seminar series for CEU's. To be included in our mailing list for professionals, please contact sstamatis@hellenicfoundation.org or call 773631.5222, ext. 108.

"Talk About ..." Tuesdays

Mini day and evening lectures on mental health & wellness topics
\$10 fee per mini lecture, includes refreshments

Tuesday, July 19th

10am - 11am or
6pm - 7pm **Grieving the Loss of a Child One Step At A Time**
Presented by Sophia Papageorge-Zehar, LPC, MA

This mini lecture will explore a parent's worst nightmare and help participants understand and accept the grieving process. Parents will also learn how to keep a child's life and memory alive, as a way to heal. When registering, please indicate appropriate time.

Tuesday, August 30th

11am - 12pm or
6pm - 7pm **A Road Map To Life Through Creative Visualization**
Presented by Sophia Papageorge-Zehar, LPC, MA

This mini lecture will show participants how to create a treasure map and how to be creative about mapping their course in life. When registering, please indicate appropriate time.

12pm - 1pm or
7pm - 8pm **Happiness Step By Step**
Presented by Athanasia Katris, MA

This mini lecture will define the concept of happiness and explore the steps one needs to take to ensure a happy, fulfilling life. When registering, please indicate appropriate time.

Tuesday, September 13th

10am - 11am **The Facts About Gambling Addiction**
Presented by Christina Sofiakis, LCSW

This mini lecture will outline the characteristics of this addiction and will focus on the effects compulsive gambling has on the spouse and children of a gambler.

11am - 12pm or
6pm - 7pm **Video Game & Computer Addiction**
Presented by Sophia Papageorge-Zehar, LPC, MA

This mini lecture will provide information regarding the effects of excessive video game playing on the developing brain of boys. In this lecture, the symptoms of addiction will also be outlined, as well as treatment options. When registering, please indicate appropriate time.

12pm - 1pm or
7pm - 8pm **Overeating: Our Love/Hate Relationship**
Presented by Athanasia Katris, MA

Do you ever find yourself wondering why you overeat, when you know it's hurting your health and figure? This lecture will help you understand the reasons why we're hardwired to overeat, identify some emotional and psychological influences and provide tips on how to begin the process of overcoming overeating. When registering, please indicate appropriate time.

Walking with God through the 12 Steps :

A therapy/support group for individuals in recovery
This group is facilitated by Sophia Papageorge Zehar, LPC, MA

Every Monday 6pm - 8pm
This is an open – ended group.
Please call 773-631-5222 ext 106 to register.
ALL INQUIRIES & GROUPS ARE CONFIDENTIAL.
\$10 fee per group session

Women in Relationships

Do you think you might be in
an emotionally and / or physically
unhealthy relationship?

This group is facilitated by Athanasia Katris, MA & Christina Sofiakis, LCSW

Every Wednesday 7pm - 9pm,
we are offering an ongoing informative/support group
for women. If you think this might be you, please call
773-631-5222 ext 106 to register.
ALL INQUIRIES & GROUPS ARE CONFIDENTIAL
\$10 fee per group session



Saturday, September 10th \$30, includes a bagel breakfast

9am - 12pm **Money 101: Coming to Terms With Money
In A Marriage**
Presented by Athanasia Katris, MA

Has been designed to help people with one of the most difficult aspects
of marriage: coming to terms with how money affects their lives today
and tomorrow. This workshop will help set you on the right course.
Topics covered will include: talking about money, budgeting and cash
flow, marital real estate, investing, retirement, and tax issues.
This lecture will be presented at Hellenic Foundation's Community
Center.

9am - 12pm **Money 101: Coming to Terms With Money
In A Marriage**
Presented by Sophia Papageorge-Zehar, LPC, MA

This lecture will also be presented in Palos Hills. Please contact
Hellenic Foundation for exact location.

For more information on Hellenic Foundation's
Educational Lecture Series, please contact the
Director of Educational & Volunteer Program
at 773.631.5222, ext. 104
or email at akatris@hellenicfoundation.org

Registration Form

Please mail to **Hellenic Foundation, 6251-53 W. Touhy Ave, Chicago, IL 60646** or fax to **773.631.2835**

First Name _____ Last Name _____

Address _____ Apt # _____ City _____ State _____ Zip Code _____

Phone: Home _____ Work _____ Cell: _____ E-mail: _____

1. Lecture Title _____ Lecture Time _____

2. Lecture Title _____ Lecture Time _____

3. Lecture Title _____ Lecture Time _____

1. Support Group Title _____ Support Group Initial Session Fee _____

2. Support Group Title _____ Support Group Initial Session Fee _____

I prefer to pay by:

Check or money order made payable to "Hellenic Foundation"

Credit card - Hellenic Foundation accepts: VISA® MasterCard® American Express® Discover®

Credit Card Number _____

CVV2 Number (3 last digits on the back of card / for AMEX the 4 digits on front of card) _____

Exp. Date _____

Name as it appears on card (please print clearly) _____

Signature _____