

# Educational Lecture Series ★ Spring 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

## "Talk About ..." Tuesdays

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

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

### Thursday, April 14th

6pm - 8:30pm **STD Awareness & Sex in Relationships**  
*Presented by Christina Sofiakis, LCSW*

This lecture will provide information on sexually transmitted diseases focusing on prevention. This lecture will also focus on honoring one's self and the other in a relationship and the difference between sex and sexual intimacy.

Lecture Code TT-041411-CS, fee \$25

### Thursday, May 5th

6pm - 8:30pm **Spirituality and Mental Health**  
*Presented by Sophia Zehar, LPC*

This lecture will provide information on the definition of mental health and the symptoms of various mental illnesses. This lecture will also focus on spirituality and the impact one's belief system has on one's mental health.

Lecture Code: TT-050511-SZ, fee \$25

### Thursday, May 12th

6pm - 8:30pm **Women's Self Defense**  
*Presented by Peter Katris, founder of the  
"Power of One" self-defense program.*

This lecture will provide information and demonstrate how girls and women can protect themselves from physical harm.

Lecture Code: TT-051211-PK, fee \$25

### Thursday, June 16th

6pm - 8:30pm **Men and Their Mental Health**  
*Presented by George Pappas, MA*

This lecture will provide information on the various mental illnesses that affect men and how gender impacts how we cope with mental illness. This lecture is for all men who want a better understanding of their own health. Open to women who want to learn more about the mental health of their husbands, sons or fathers.

Lecture Code: TT-061611-GP, fee \$25

### Thursday, June 23rd

6pm - 8:30pm **Men Keeping Their Families Safe**  
*Presented by Sophia Zehar, LPC and  
Christina Sofiakis, LCSW*

This lecture will provide practical information on safety in the home and on the road. This lecture will also discuss men as the role models for their wives' and children, as well as the emotional impact men have on their families' sense of security.

Lecture Code: TT-062311-SZ/CS, fee \$25

### Tuesday, April 12th

10am - 11am or  
5:30pm - 6:30pm **The Spiritual Power of Meditation**  
*Presented by Sophia Zehar, LPC*

This mini lecture will explore the practice of meditation and the use of affirmations to achieve mental well-being.

TAT-041211-SZ, fee \$10 - When registering, please indicate appropriate time

11am - 12pm or  
6:30pm - 7:30pm **Circle of Stones: A Woman's Journey to Herself**  
*Presented by Christina Sofiakis, LCSW*

This mini lecture is based on the book by Judith Duerk. In this lecture, women will learn about the power of the generations, and how older women can support girls coming of age on their journey through womanhood.

TAT-041211-CS, fee \$10 - When registering, please indicate appropriate time

12pm - 1pm or  
7:30pm - 8:30pm **Forgiving Yourself and Others**  
*Presented by Athanasia Katris, MA*

This mini lecture will explore the power of forgiveness in dealing with regrets and resentments. This lecture will also include strategies for letting go as a way of optimizing mental well-being.

TAT-041211-AK, fee \$10 - When registering, please indicate appropriate time

### Tuesday, May 24th

10am - 11am or  
5:30pm - 6:30pm **Women Holding Hands Across Cultural Boundaries**  
*Presented by Sophia Zehar, LPC*

This mini lecture will explore the similarities among women regardless of race or ethnicity. In this lecture, women will learn the power of reaching out to one another and sharing their stories.

TAT-052411-SZ, fee \$10 - When registering, please indicate appropriate time

11am - 12pm or  
6:30pm - 7:30pm **The Power of Beauty**  
*Presented by Christina Sofiakis, LCSW*

This mini lecture is based on the book by Nancy Friday. In this lecture women will explore emphasis placed on appearance in our society and how to recognize their inner beauty and develop their power to achieve joy in their lives.

TAT-052411-CS, fee \$10 - When registering, please indicate appropriate time

12pm - 1pm or  
7:30pm - 8:30pm **Men & Women Communicating Part I**  
*Presented by Athanasia Katris, MA*

This mini lecture is based on the book *Why Men Don't Listen & Women Can't Read Maps*. In this lecture, individuals will develop an understanding of gender differences and how this has an impact on their relationships with the opposite sex.

TAT-052411-AK, fee \$10 - When registering, please indicate appropriate time

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

\*\*\* A Bonus Evening Lecture in May Honoring Mothers & Daughters  
Check back on our website [www.hellenicfoundation.org](http://www.hellenicfoundation.org) for date

## “Talk About ...” Tuesdays

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

(continued from previous page)

### Tuesday, June 28th

10am - 11am or

6:30pm - 7:30pm **Video Game Addiction**

*Presented by Sophia Zehar, LPC*

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.

TAT-062811-SZ, fee \$10 - *When registering, please indicate appropriate time*

11am - 12pm or

5:30pm - 6:30pm **Fathers & Daughters**

*Presented by Christina Sofiakis, LCSW*

This mini lecture will explore the importance of the father/daughter relationship and the impact fathers have on a developing girl's self-esteem.

TAT-062811-CS - *When registering, please indicate appropriate time*

12pm - 1pm or

7:30pm - 8:30pm **Men & Women Communicating Part II**

*Presented by Athanasia Katris, MA*

This mini lecture is based on the book “Why Men Don't Listen & Women Can't Read Maps”. In this lecture, individuals will develop an understanding of gender differences and how this has an impact on their relationships with the opposite sex.

TAT-062811-AK, fee \$10 - *When registering, please indicate appropriate time*

## Walking with God through the 12 Steps :

*A therapy/support group for individuals in recovery*

Every Monday 6pm - 8pm, beginning April 18<sup>th</sup>

This group is facilitated by Christina Sofiakis, LCSW and Sophia Zehar, LPC.

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

Lecture code SG-041811-CS/SZ

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

Every Tuesday 7pm - 9pm, beginning April 19<sup>th</sup>, 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

Lecture code SG-041911-CS

## 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 Code \_\_\_\_\_ Lecture Fee \_\_\_\_\_

2. Lecture Code \_\_\_\_\_ Lecture Fee \_\_\_\_\_

3. Lecture Code \_\_\_\_\_ Lecture Fee \_\_\_\_\_

1. Support Group Code \_\_\_\_\_ Support Group Initial Session Fee \_\_\_\_\_

2. Support Group Code \_\_\_\_\_ 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 \_\_\_\_\_