

Soul mates. Romance. Chemistry. We have often heard that “when you find that special someone, you’ll just know it in your heart.”

But love doesn’t have to be blind to be real.

How to Avoid Falling for a Jerk (or Jerkette) is for single and single-again adults who want to learn how to date with heart and head working together.

Both men and women who look back on a bad relationship or a broken marriage often say:

- “I should have known better.”
- “I thought they would change.”
- “I saw it when we were dating...but I was in love.”

This program reveals how people form bonds of love and attachment. With this knowledge, you can avoid getting attached too quickly and too deeply to a person who cannot form a healthy relationship. You will discover some crucial areas to explore in your dating relationships and ways you can improve your own ability to be a healthy partner.

Taught in two 4-hour sessions, this workshop offers lecture, multi-media presentation, group discussion and other activities. Each participant will receive a workbook for use in class and at home.

- Learn the five key areas to explore when getting to know a person and how to predict what that person will be like in marriage.
- Learn the five bonding forces that create attachments in relationships using the Relationship Attachment Model (R.A.M.).
- Learn how to keep these bonding forces in balance as the relationship develops and how to grow closer at a healthy pace.

Note: This is an educational workshop and is not intended to provide therapy.

Your Workshop Presenter

Linda Sweeney, L.C.S.W. is a Licensed Clinical Social Worker. She was awarded her master’s degree in social work with mental health concentration in 1985 from the University of North Carolina at Chapel Hill and has worked in a variety of mental health and health care settings. Linda served as program coordinator for the Family Life Office for the Archdiocese of Atlanta from 2000-2009 and program director at Grace and Growth Counseling Center from 2009 - 2013. During that time, she developed written and web-based educational resources for families and parish-based family ministries and was a presenter at workshops on family issues. Linda was trained and certified as an instructor of the *How to Avoid Falling for a Jerk (or Jerkette)* program by its author, John Van Epp, Ph.D.

Mission Statement

Jesus established his followers into a Church, under the leadership of the Apostles, as a body responsible for making His saving work present in the world. There are inherent links between our responsibilities in our parish, our parish’s responsibility for making the gospel present in the local community, and our parish’s role in the archdiocese and even in the world beyond. For Holy Spirit Catholic Church and its parishioners, this responsibility/role involves participation in and furtherance of the three-fold mission of the Church: sanctifying, teaching, and guiding. By making resources available for community needs, partnering with other parishes and ministries of the Archdiocese and adopting and supporting specific missions or missionaries, we are

“Making God’s Kingdom Present in the World”



HOW TO AVOID FALLING FOR A JERK

(OR JERKETTE)

A two-session workshop for single adults who want to make **smart** relationship choices.

2016 Workshop Date

March 6th & 13th

June 5th & 12th

Oct. 23rd & 30th

Register online at:

hscatl.com/marriageandfamily

Location:

**Holy Spirit Catholic Church
4465 Northside Drive
Atlanta, GA 30327**

Registration is required by the Tuesday before your chosen workshop date.



Date: Sunday, March 6th & 13th (Session 1 & 2)

or Sunday, June 5th & 12th (Session 1 & 2)

or Sunday, Oct. 23rd & 30th

Time: 1 to 5 p.m.

Cost: \$75 per person

(includes both sessions and workbook)

Workshop will be held at :

Holy Spirit Catholic Church

4465 Northside Drive, N.W.

Atlanta, GA 30327

To register online: visit www.hsccatl.com/marriageandfamily. **To register via mail:** Complete this form and mail with check or credit/debit card information to: **Holy Spirit Marriage and Family Ministry, 4465 Northside Drive, Atlanta, GA 30327.** Please make check payable to "Holy Spirit Catholic Church" and enclose with registration. For more information contact Tracey Pucci at 404-252-4513 or tpucci@hsccatl.com.

Select a Workshop Date for 2016:

March 6th & 13th

June 5th & 12th

Oct. 23rd & 30th

Name (Please Print): _____

Address: _____

Daytime Telephone: _____ **E-mail:** _____ **Send confirmation via:** E-mail U.S. Mail

How did you hear about this program? _____ **Your parish/church (if applicable):** _____

Please tell us a little about yourself so that we can make this a good workshop experience for you (your age, what you hope to learn, etc.).

Payment via credit or debit card: Complete the form below. *Please Print.*

Amount of Payment: _____ Date of Payment: _____ Please charge my (*check one*): Visa MasterCard Discover American Express

Credit Card #: _____ Expiration Date: _____

Name on Card: _____

Billing Address (*if different from registration address as written on form above*):

I authorize Holy Spirit Catholic Church to charge my credit card in accordance with the information above.

Signature: _____ Date: _____