

Cathy Mathwig

Cathy is a bilingual (English and Spanish) Licensed Mental Health Counselor at the Community Counseling Center at St. Luke's. She is a Nationally Certified Counselor and a member of the American Counseling Association. Cathy enjoys helping individuals engage in healthy relationships by creating a balance between intimacy and autonomy, and identifying repeating patterns of negative interaction cycles. She believes in the intentionality of actions, and the importance of developing a stronger and healthier sense of self. She works with individuals struggling with anxiety, stress, depression, domestic violence, trauma, self-esteem and relationship issues. She provides a safe place for clients to begin the process of cultivating self-compassion and acceptance.

Lisa Beilman

Lisa Beilman is a Licensed Nationally Certified Counselor, Licensed Mental Health Counselor, a member of the American Counseling Association And Chi Sigma Iota. She received her Bachelor of Arts Degree in Psychology and her Master of Arts Degree in Counseling at Rollins College in Winer Park. Lisa has extensive experience with couples counseling and enjoys teaching premarital counseling. In addition to Lisa's work with couples she also sees people for stress, anxiety, self-esteem and depression. Lisa practices from a person-centered approach providing clients a safe, confidential and non-judgmental environment in which to express, explore and practice making changes in their lives.

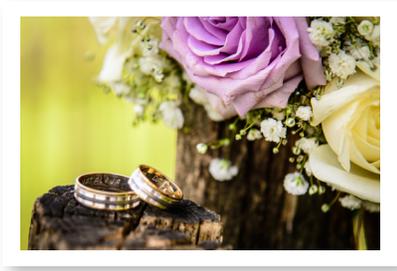
ST
LUKE'S
UNITED METHODIST CHURCH
4851 S. Apopka Vineland Rd.
Orlando, FL. 32819
COMMUNITY
COUNSELING
CENTER



A three-session premarital course designed for couples making the commitment to marriage.

ST **LUKE'S** | COMMUNITY
UNITED METHODIST CHURCH | COUNSELING
CENTER

Before you Wed



Marriage is a unique and special commitment for Couples who want to share their life together and create their own family.

Christian marriage requires love, faith, shared goals and values along with an ongoing commitment to each other. Because each of us continues to grow and change during married life, knowing how to compromise and negotiate helps provide a strong foundation for your life together.

The St. Luke's Before You Wed premarital counseling classes will help you gain greater insight into yourselves, your relationship, how to work together during good times and tough times as well as the role the church plays in support of your marriage.

The Community Counseling Center at St. Luke's

The Community Counseling Center at St. Luke's is a supportive counseling center that offers counseling services to everyone. The Center respects the universal values of healing, wholeness, caring, confidentiality and the beliefs of each individual client. Clients do not need to be members of St. Luke's or any other church. The Community Counseling Center offers a variety of counselors who offer therapy for depression, anxiety, relationships, and parenting to anyone looking for comfort, guidance and non-judgmental support.

For more information about our services please call The Community Counseling Center at St. Luke's at 407.876.4991 ext. 250. Or visit us online at: www.st.lukes.org/counseling.

WHAT TO EXPECT FROM THIS THREE SESSION COURSE

Sessions 1 & 2

Personality Style

The focus of these sessions is learning your style and your partner's style in communication, decision-making and managing time using the Myer-Briggs Personality Inventory.

Productive Communication

The effect of personality type and communication is discussed. Specific communication techniques are taught and practiced.

Decisions & Conflict Resolution

Differences in decision-making and how to resolve the conflicts that may arise are discussed. Conflict management techniques are presented.

Session 3

Individual Couple Meeting

The couple will meet alone with a counselor to discuss the unique aspects of their relationship.

Couples must complete all sessions to receive their premarital certificate.



Client 1	_____	Client 2	_____
Address	_____	Address	_____
City	_____ State _____ Zip _____	City	_____ State _____ Zip _____
Primary Phone	_____	Primary Phone	_____
Secondary Phone	_____	Secondary Phone	_____
Email	_____	Email	_____

Registration

The cost for Before You Wed is \$175 per couple.

Please return your completed registration form with a check or money order (payable to St. Luke's Community Counseling Center) to:

Community Counseling Center at St. Luke's United Methodist Church
4851 S. Apopka Vineland Road
Orlando, FL 32819

