

# Two Locations. One Mission.



Franciscan Life Process Center

## FALL TROUBADOUR 2020

*To promote a relationship with God that brings dignity and hope to the sacred process of all life through programs that assist, educate, enrich and inform.*

## Center Develops Strategic Plan

Center Director, Sister Colleen Ann Nagle, FSE and the leadership staff have developed a strategic plan for the future development of the Franciscan Life Process Center. Sister says, "In 2021, we will be celebrating the 30th anniversary of the Center. This is a perfect opportunity to identify the essential elements of each program and clarify our goals as we move forward."

Based on our mission statement, "To promote a relationship with God that brings dignity and hope to the sacred process of all life," the strategic plan calls for the purposeful development of the Center's four programs.

### Counseling

- Clinicians work with individuals to address the issues most pertinent to their growth and development through long-term therapeutic relationships.
- Services offered: individual, couples, family, and group counseling; EMDR; crisis intervention; consultation services; Fertility Education and Support Services
- Future plans: counselors will expand their strategic affiliations and collaborate with other community-based providers.



### Land Program

- Professional staff maintains a sanctuary that offers a stable, safe environment which fosters enjoyment, education and exploration for individuals and groups.
- Land experiences offered: Environmental Education Camps, Community Workdays, Once a Month Kitchen, and volunteer opportunities.
- Future plans: Center staff will work collaboratively with environmental professionals to expand and deepen the yet 'undeveloped' potential of our property.



*"One who has hope lives differently."*

Pope Benedict XVI – *Saved in Hope*, 2007

### Music Therapy

- Clinicians work with individuals and groups to address cognitive and neurological impairments, physical challenges, and limitations in communication and basic life skills.
- Services offered: Individual and group settings including special education classrooms, elder care facilities, hospitals, and at both campuses.
- Future plans:
  - Music therapists will continue to reach out to doctors, psychologists, counselors, and educators in order to expand and enrich their professional network.
  - FLPC will also advocate for state licensure of music therapists. Licensure will increase access to music therapy services by providing financial assistance through insurance.



### Art

- Art Director provides an environment for people of all ages to explore their unique artistic expression and to encourage growth in their skills.
- Services offered: workshops for adults and children led by local and nationally known instructors, sketch groups, and group critiques are offered by the Art program.
- Future plans: FLPC values our position within the Art Community in greater Grand Rapids and will continue to work toward being recognized as an active, engaged member of the West Michigan art scene.

In the coming months, the staff of each program will work on the further development and execution of the plan. Sandy Koteskey, Music Therapy Director states, "As we move forward, we see this plan as a sign of hope for the future focusing on intentional growth and using a specific plan to continue to provide services in West Michigan."





## Coming Events!

**In the midst Infertility Support Series** Join us for our professionally facilitated 3-part series designed specifically for couples struggling with the effects of both primary and secondary infertility.

October 5, 2020 7-9pm

Grief and Loss *in the midst* of Infertility

November 2, 2020 7-9pm

Strong Marriages *in the midst* of Infertility

December 7, 2020 7-9pm

Fruitfulness *in the midst* of Infertility

Cost: \$85/couple for the 3-part series.

To register, go to <https://inthemidst2020.eventbrite.com>

To view the schedule for classes in the **Fertility Education** program and our monthly **NFP newsletter**, please go to our website, [lifeprocesscenter.org](http://lifeprocesscenter.org) and click on "Services."

**Once a Month Kitchen** invites you to join us for the 2020/2021 classes. Topics include **Christmas Breads**, **Cooking with your Valentine**, and **Zeppoles and Sfinis for St. Joseph's Day**, among others. Please go to our website, [lifeprocesscenter.org](http://lifeprocesscenter.org) and click on "Hands on Learning."

To learn more about the **2020/2021 art workshops**, the **Franciscan Artists** and the **Sketch group**, please go to [lifeprocesscenter.org](http://lifeprocesscenter.org) or contact Kathy Bechtel at [kbechtel@lifeprocesscenter.org](mailto:kbechtel@lifeprocesscenter.org).

# Troubadour

Franciscan Life Center Network, Inc. dba

**Franciscan Life Process Center**

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[www.lifeprocesscenter.org](http://www.lifeprocesscenter.org)



## 6th Annual Franciscan Rhythms Trail Run & Walk

Saturday, October 3rd, 2020

West Michigan's most unique race has gone VIRTUAL! The Franciscan Rhythms Trail Run & Walk is returning for our sixth year! This 5K run, walk or ride supports our Music Therapy Program. Our fundraising target for this year is \$30,000. These proceeds ensure that we can provide Music Therapy services for all those needing assistance. This Virtual Race option will include a t-shirt, a finisher medal, and fun for the whole family! Registration: \$30. Please go to <https://trailrun2020.eventbrite.com> to register.

Don't forget to tag us on facebook and instagram. Share your photos with the hashtag #RunWithNuns.

Facebook: @FranciscanCenter Instagram: FranciscanLifeProcessCenter



**Sandy Kotesky**, MT-BC, has been named **program director** of the Music Therapy program. Sandy has been with the FLPC since completing her music therapy internship in 2006. She has worked as a clinician, private lesson instructor and, most recently, as the Music Therapy Assistant Director. Congratulations, Sandy!