

## Free Support Groups

**J**acqueline C. Ekstrom, LCSW, LLC, is offering two free support groups:

- **Good Enough Moms "G.E.M.s"**—Being the mother of a newborn can be tough. GEMS is a free weekly support group for postpartum women (up to 18 months) struggling with the adjustment to motherhood. The goals of this group are to offer women compassionate support in a safe and confidential environment, reduce isolation and offer encouragement. Mothering can be daunting but you don't have to suffer alone. Meets every Monday from 9:30-11:30. Call ahead to register.

- **Positive Pregnancy Support Group**—Pregnancy is exciting and stressful, full of expectations and scary, it can be lonely and/or full of good intentions from those who surround you, it can also be challenging for your relationship and your work life. If this sounds familiar, please join in. This is a free woman-to-woman support group led by a licensed professional. Form connections, offer encouragement, share resources and motivate each other. Meets every Monday, 5-6 p.m.

Call to 941-218-0061 to register. Held at 1103 9th Ave., West Bradenton. For more info, visit [www.womenscounselingbradenton.com](http://www.womenscounselingbradenton.com).



## More Support Groups

- **Epilepsy Support Group** meetings offered by JoshProvides:

- **Epilepsy support group** meetings are held on the **1st Tuesday of each month from 6:30 - 8 p.m.** at State College of Florida, Lakewood Ranch Campus, Selby Rooms. This support group is offered to people living with epilepsy as well as their family, friends and caregivers and provides the opportunity to receive information about resources as well as share experiences, ask questions, receive emotional support and practical advice that may help parents and caregivers. For those who have epilepsy, feelings of loneliness and isolation have been replaced with lifelong friendships and understanding that there are others going through the same struggles and challenges. For information contact JoshProvides at [Info@JoshProvides.org](mailto:Info@JoshProvides.org).

- **Meridien Research**, an independent clinical research center, offers **monthly ADHD support group** meetings on **Mondays at 7 p.m.** at their office, 8043 Cooper Creek Boulevard #107. Attention-Deficit/Hyperactivity Disorder, ADHD, is a brain-based syndrome associated with particular functions and behaviors. These imperative functions include attention, concentration impulsivity in addition to hyperactivity and organization. There are chemical, structural and genetic differences that will vary from child to child. However, children and adults who have been diagnosed with ADHD have difficulty developing social skills which result in social rejection.

Meetings are the last Monday of the month and are free and open to the public. Light refreshments will be served. To reserve a seat, call 941-756-8680 or email [info@meridienresearch.net](mailto:info@meridienresearch.net).

## At The Women's Resource Center

- **March Programs:**

- **Addiction Support Group** Description: For friends & family of addicts. Location: Manatee Center, 1926 Manatee Ave W., Bradenton. Call 941-747-6797. Mondays, 6-8 p.m. pm. Fee: \$2

- **Affordable Mental Health Counseling** Description:

WRC offers individual, couples and family counseling with fully qualified mental health professionals. Counselors have the discretion of referring clients to more appropriate treatment when it is deemed to be more beneficial for the client. Pre-registration required. Call 941-256-9721. Locations: Manatee Center: 1926 Manatee Ave W., Bradenton; Sarasota Center: 340 S. Tuttle Ave., Sarasota; Venice Center: The Brickyard, 530 US-41 Bypass S., Suite #5A, Venice. By appointment only. Affordable sliding scale fee structure

- **Alzheimer's Support Group** Description: A support group for caregivers. Location: Manatee Center, 1926 Manatee Ave W., Bradenton. Call 941-747-6797. Thursdays, March 8, 2:30 - 3:30 p.m. No fee

- **Ask an Attorney** Description: Individual 30-minute legal consultation on family law topics such as divorce, child support, child custody, and much more. At the Manatee Center, we offer a bilingual attorney to help assist with immigration matters.

Location(s): Manatee Center - by appointment only at attorney's office; Sarasota Center, 340 S. Tuttle Ave., Sarasota.

## Health Classes & Workshops

- **Interested in Feldenkrais?** On **March 9, 6:30-9 p.m.** at Ionie's, 1241 Fruitville Road, **Intro To Touch To Inform Seminars**; concepts and practical applications from the **Feldenkrais Method** (2 CEs for LMTs). The evening is followed by 2 day long seminars: Moving from and through your CORE and Soft Eyes/Hands, Easy Neck and Shoulders. Info: <http://www.feldenkraisinsarasota.com/event/rediscover-your-flexible-spine/>

- **The Renewal Point** will present **Toxins Are Stealing Our Health** on **Thursday, March 15, 6-7 p.m.** Seven billion pounds of environmental toxins are being dumped into our air and water each year. These heavy metals, chemicals, herbicides, and pesticides then enter our bodies - stockpiling in our brain, heart, bones, liver, and other organs - literally stealing our health. These destructive agents

load up in our body in the form of toxic metals and other harmful chemicals that simply cannot be shed by normal body processes. The good news is that there is something that can be done. Learn about which toxins are the most dangerous and how we are getting exposed and effective methods used to get rid of toxins.

The events will be held at The Renewal Point, 4905 Clark Rd., Sarasota. Open to men and women. Space is limited, so RSVP at 941-926-4905.

- **JFCS of the Suncoast Cancer** offers **Support & Wellness Programs**. All cancer support and wellness programs are offered free of charge. **BioScent Dx: Wednesday, March 21, 1-2:30 p.m.** Join in as Heather Junqueira of BioScentDx shares information about a research study that may be beneficial in diagnosing breast and other cancers in a non-invasive way. Held at JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Bldg. 1, Lyle Street entrance. Call 366-2224 x167 for more information or visit [www.jfcs-cares.org](http://www.jfcs-cares.org).

## The Congregation for Humanistic Judaism

- On **March 15, at 3 p.m. The Congregation for Humanistic Judaism** (CHJ) has Victoria Baum who will present the documentary **"About Face"**. This movie is based on the book **"The Enemy I Knew"** and documents the World War II stories of young Jewish men who escaped danger at the hands of the Nazis and returned to fight them in Europe and North Africa. Baum's father, Bernard Baum, was one of the US soldiers who were immigrants and enlisted in the military in hopes of benefiting our country due to their native command of the German language. Open to all. Guests: \$5; Members free. Registration required, call 941-929-7771 or email [chjsarasota@hotmail.com](mailto:chjsarasota@hotmail.com).

The Congregation for Humanistic Judaism meets at Unity, 3023 Proctor Rd., Sarasota. Visit [chjsarasota.org](http://chjsarasota.org) or call 941-929-7771.

## At Spirit University

- **March Classes, Workshops & Events:** Most classes/workshops held on campus beginning at 7

p.m. unless otherwise indicated.

- **March 9-11: INTUITIVE ART WEEKEND**
- **March 10: Zen Doodle** - Barbara Harrison 10-11:30 a.m. and **Soul-Collage Journey: Giving Form to Our Inner Guidance** - Beverly Gordon 1-4 p.m.
- **March 12: Psychic Development Class** - Divya Melissa Schnirring
- **March 13: Psychic Practice Circle**
- **March 14: Tarot Practice Circle**
- **March 15: Platform Mediumship**
- **March 16: Traditional "Home Circle" and Evidential Mediumship** with Sharon Hill
- **March 17: Eben Alexander, MD - Living in a Mindful Universe** - Unitarian Universalist Church, 7-9:30 p.m.
- **March 18: Eben Alexander, MD - Journey Into the Heart of Consciousness** - Unitarian Universalist Church 1-5 p.m.
- **March 19: Psychic Development Class**
- **March 20: Psychic Practice Circle and The Shaman's Way: Learn to "Journey"** with Divya Melissa Schnirring
- **March 21: Tarot Practice Circle and Sound Meditation** with Edward Russell
- **March 22: Platform Mediumship course**
- **March 23: Traditional "Home Circle" - Evidential Mediumship** - Sharon Hill
- **March 24: Through the Looking Glass: Psychic Fair & Open House** 11a.m.-5p.m.
- **March 26: Psychic Development Class**
- **March 27: Psychic Practice Circle**
- **March 28: Tarot Practice Circle**
- **March 29: Platform Mediumship**
- **March 30: Traditional "Home Circle" - Evidential Mediumship**

## Friendship Force Sarasota

- **Friendship Force International** is a non-profit organization that has brought together more than 1 million people in homestays since 1977 to share different views and discover common ground, in a quest for global understanding and peace. The **first Thursday of each month** the group will gather at 7 p.m. at the Waldemere Fire Station (2070 Waldemere Street) in the training room.
- **Meeting Dates:**
- **April 5 Journey to Hsin-chu, Taiwan** (in mountains); Malang, Java, Indonesia; and Denpasar, Bali, Indonesia.
- **May 3 Mexico Journey highlights and International Dinner** (Members).

Curious travel aficionados and potential new members invited. For more information: <http://www.FriendshipForceSarasota-Florida.org/>.

## Club Meetings

- **The Florida Timeshare Owners Group** meets **March 18, 1-5 p.m.** at the Hampton Inn & Suites, Sarasota-Bradenton Airport, Sarasota. All timeshare owners are invited to attend this meeting. Advance seat reservations are required, and can be obtained by contacting Frank Debar, Chmn.,

at (941) 351-1384, or [fdebar433@gmail.com](mailto:fdebar433@gmail.com).

Among the topics to be presented include a discussion on how best to divest a timeshare that is no longer used; recommended rental and resale websites and qualified licensed real estate brokers; premier exit programs now currently available; and present issues of importance that resorts should communicate to all its unit-owners. A Question and Answer Session will follow each discussion topic. Meeting & membership information may be obtained by viewing the Group's website, [tsownersgroup.com](http://tsownersgroup.com).

## Legacy Trail

- **Sarasota County Parks, Recreation and Natural Resources**, in partnership with **Friends of the Legacy Trail (FLT)**, has restarted its **2018 survey ride program**. This popular program offers a fun option for residents and visitors who are mobility-challenged or might otherwise be unable to enjoy the experience of riding on the trail.

FLT volunteers pedal the surrey and passengers on a free 45-minute surrey trip that leaves from Laurel Park on Tuesdays and Wednesdays with times available each day at 10 a.m., 11 a.m. and noon. Riders can sit back and enjoy the ride on a four-passenger, four-wheeled, canopy-covered surrey while FLT volunteers provide the pedal power. The ride includes information and the history of the Legacy Trail and its surroundings.

Pre-registration is required by calling 941-486-2757. Space is limited to four participants per ride, per time slot, and participants must sign a waiver. Registrants must have the ability to climb up one step onto the surrey bicycle. Riders should wear sun protection, a light jacket on cooler days and sturdy walking shoes. Passengers meet inside the Sandra Sims Terry Community Center at Laurel Park, 509 Collins Road, Laurel. For information on weather cancellations, contact Laurel Park on the day of a scheduled ride at 941-486-2753.

## Fun Raisers

- **Service Club of Manatee County** will hold its **53rd Charity Antiques Sale & Vintage Market** on **March 9, 10 and 11** at the Bradenton Area Convention Center. The Market will feature over 45 vendors selling antiques, painted furniture, farmhouse, Americana, vintage decor, primitives, lace, silver, artwork, jewelry and much more. The Opening Night Soirée on Friday features cocktails and hors d'oeuvres catered by Pier 22, live music, and an exciting silent auction. Hours are **Friday from 5:30-9 p.m., Saturday from 10 a.m. to 5 p.m., and Sunday from 11 a.m. to 4 p.m.** Free tote bags to the first 500 attendees. For information, visit [www.manateeserviceclub.com](http://www.manateeserviceclub.com).

Send your listing to: [westcoastwoman@comcast.net](mailto:westcoastwoman@comcast.net)  
**DEADLINE for APRIL: MARCH 5**  
 Datebook is also available at [WestCoastWoman.com](http://WestCoastWoman.com)