

# CHURCHES OF CHRIST GLADSTONE

If you are interested in any of the following programs it's important that you register. Please contact Lyall on 4976 9393 or e-mail [elmuller@dodo.com.au](mailto:elmuller@dodo.com.au)

## SEARCH FOR LIFE



Human beings are spectacular, puzzling, brilliant and broken.

Why do so many contradictions exist in our lives?

Everyone needs to understand the power of our internal cry for acceptance, value and belonging. Everyone needs to understand the cause of our most basic struggles and find a solution to them.

Without insight and answers to the human dilemma individuals resort to inadequate and destructive patterns of behaviour to address feelings of low self esteem, inadequacy, emptiness and insecurity. This program identifies the cause of so many human tensions and introduces participants to the healing power of truth in a caring and safe environment.

### Sessions include:

- Life in Conflict
- Knowing Yourself by Creation
- Knowing Yourself by the Fall
- Set up for Addiction
- Trying Hard to Measure Up
- The Need to be Liked
- Healing and Spiritual Warfare
- Feeling Hopeless
- Blaming and Punishing
- The Power to do What's Right

## VALIANT MAN



Developing and maintaining a healthy sexuality is every man's battle. Valiant Man is about male sexual discipleship.

This 10 Session Program with study and devotional guide is designed to fortify and restore the moral and spiritual integrity of men. Valiant Man challenges all men to fight for their own personal, moral and spiritual vitality and help other men fight for theirs.

**Sessions include:**

- A Vision for Manhood
- The Arena of Healing
- The Sexual Man
- The Origin, Power and Purpose of Sex
- The Cycle of Addiction
- The Understanding Man
- Retraining Your Brain
- Taking a Stand
- Guarding Your Heart
- Realistic Expectations

## KIDS WITH COURAGE



Kids with Courage is a seven session program that aims to strengthen primary aged children (7-12) who are struggling with issues at school, at home or with peer relationships.

The program is used as both prevention and intervention for children. It is a program that builds on the strengths of the child and develops emotional resilience. It has been developed by a team of child educators, psychologists and welfare workers and includes drama, puppetry, hands on activities and small group work.

**Sessions include:**

- Feelings
- Boundaries
- Social skills - peer relationship, bullying
- Grief and loss
- Fear and worry
- Self Esteem
- Anger

## HEALTHY LIFESTYLE



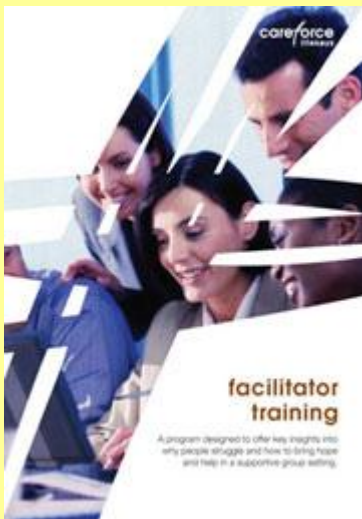
Healthy Lifestyle is a ten-session program for women of any age who are seeking to unlock their physical and spiritual potential. The program empowers and motivates women to be proactive, have fun, learn about their health and explore the possibilities of a more active lifestyle. Participants are helped in establishing a healthier lifestyle through a physical activity component in addition to the normal teaching and small group time.

Developed by health professionals, and peer reviewed by experts in the field.

### Sessions include:

- More than a Lifestyle – Embracing Health
- Getting into Physical Activity
- Nutrition – Fuel for the Body
- Introduction to Strength Training
- Eating for Reasons other than Hunger
- Weight Management
- Because you're Worth it!
- When the going gets Tough
- Essential Women's Health Issues
- The Journey Ahead

## FACILITATOR TRAINING



This program has been developed by the Board of Management whose members are qualified in the areas of social work, psychology, teaching and theology.

The curriculum aims to lay a sound information base in behavioural, emotional, and spiritual aspects of Recovery. Practical group work with development of related skills is a strong component of this course.

### Sessions include:

- Theological Foundations of Recovery
- The Arena of Healing
- Core Issues in Recovery
- The Cycle of Addiction
- Family Systems
- Grief and Loss
- How Healing Comes
- The Role of a Facilitator
- Stages of a Group