



Helping the Hurting Series

All classes are Biblically based and include the use of Scripture. These classes are available upon request for your Church or Bible Study. Each topic can be expanded and/or can be done individually, apart from the series.

Helping People Cope with Loss

Instructor: Scott Edwards, Hospice Chaplain, Counselor at The Peacemaker Center
This 2 week class will help people better understand how to come along side people who are dealing with all kinds of loss, including loss of jobs, finances, marriages, physical abilities and the death of friends and loved ones.

Coming Alongside People Struggling with Depression

Instructor: Judy Reid, Executive Director at The Peacemaker Center
This class will cover causes of depression and helping people find light and life while in the darkness of depression.

What is Trauma and How Do We Heal from It?

Instructor: Judy Reid, Executive Director at The Peacemaker Center
This class will discuss peoples responses to and healing from many kinds of trauma including medical emergencies, car accidents, domestic violence and abuse.

Addictions: When Someone You Love Struggles and You Don't Know What to Do

Instructor: Karen Uhler, Counselor at The Peacemaker Center
This 2 week class will discuss causes of addictive behaviors, symptoms, what people can do to help and how to overcome addictions. Addictions to be covered include drug and alcohol, eating, sexual and relationship addictions.

Boundaries in Relationships

Instructor: Jody Flecken, Counselor at The Peacemaker Center
This 2 week class will include relationship issues that frequently become problematic and answers to questions like "Whose responsibility is it anyway?"

Conflict Resolution

Instructor: Bayo Jegede, Counselor at The Peacemaker Center

This class will cover principles of resolving conflicts including Ken Sande's 4 goals of conflict resolution, the PAUSE principles, and what often keeps us from resolving conflict.

Anger Management

Instructor: Rick Creasy, Counselor at The Peacemaker Center

Anger can be devastating to relationships, family, and even one's own personal health. One of the first steps in dealing with our anger is to recognize root causes. Come join our session to learn how to identify root causes of our anger, and how reframing our thinking can bring soothing relief to our emotional health.

Forgiveness

Instructor: Rick Creasy, Counselor at The Peacemaker Center

Are you finding it difficult to forgive? Has a spouse, relative or close friend betrayed you and you're struggling to release the hurt and offer forgiveness? Have you ever been a victim of emotional, physical, or sexual abuse and you feel that to forgive would be impossible? Many times our rage, anger, frustration, sleepless nights, and even our depression is rooted in a heart of unforgiveness. Forgiveness is a process of first recognizing that we are rehearsing the incident over and over in our thoughts. Come join our session on the process of forgiveness.

Intercessory Prayer

Instructor: Bayo Jegede, Counselor at The Peacemaker Center

This class will answer such questions as: What is intercessory prayer? What is the purpose of intercessory prayer? Who are the intercessors? When do we intercede for others? All answers and discussions will be based on biblical examples.