WHAT:
Through support and recovery groups, CareSeries provides opportunities for individuals to find hope by participating with others who are facing similar life challenges. While support groups are not a place for therapy, they do provide a confidential, Christian setting where it is safe to be honest and safe to grow. Each group is led by a trained facilitator who desires to offer encouragement and guidance on the path to healing.

WHO:
ADULTS: at least 18 years old and out of high school
CHILDREN/TEENS: 4-18 years old
(Nursery care is available for newborns through 3 years old on Monday nights. Children, including infants, are not permitted in adult groups.)

WHEN/WHERE:
CROSSINGS OKC CAMPUS
(14600 N Portland Ave, OKC, 73134 // See map below.)
Mondays from 6:30-7:45 pm beginning September 9, 2019—unless otherwise noted
CHILDREN: First Floor, Children’s Wing
ADULTS: Second Floor, Adult Education Wing, unless otherwise noted

CareSeries offerings are ongoing support and informational groups intended to promote encouragement and well-being to participants.

These offerings do not meet criteria for court-ordered requirements or certifications. Documentation of participation is not available from Crossings Community Church.

ABOUT CARESERIES

IN A CHURCH
HONEST ENOUGH
TO ADMIT WE ARE
ALL BROKEN,
I FOUND PEOPLE
WHO HAD
EXPERIENCED
THE PAIN I WAS IN.

– CARESERIES PARTICIPANT

CROSSINGS OKC
CARESERIES SUPPORT
& RECOVERY GROUPS
FALL SESSION
SEPT. 9 – DEC. 9, 2019

MONDAY NIGHTS
CHANGE HAPPENS
### SEPTEMBER 9 – DECEMBER 9, 2019

#### GROUPS MEET MONDAYS

### SHORT COURSES

- **Designed for individuals interested in enrichment resources that address specific opportunities for growth in their lives. We know life is not always in crisis mode, and one way to stay out of crisis mode is to invest in personal enrichment today.**

### SEPTEMBER 9 – OCTOBER 21, 2019

#### EMOTIONALLY HEALTHY SPIRITUALITY

Based on Peter Scazzero’s book, this course examines factors that hinder healthy spiritual growth, identifies symptoms of unhealthy spirituality, and explores the connection between spiritual and emotional maturity.

#### MEN OF VALOR

This group, for men who are ready to dig deeper into God’s design and plan for their lives, explores three essential questions every man who is serious about discipleship must ask: 1. Do you want to get well? 2. What are you thirsty for? 3. Are you willing to become a servant? Men explore how to live with integrity in all areas of life including home, work, life, and thought life.

#### STANDING FIRM IN THE FACE OF TRIALS

We all face trials in life, but sometimes it can be hard to know how to use the truth found in Scripture to apply to our modern-day circumstances. This class will identify powerful and practical insights that Scripture offers, review tools that assist in studying Scripture, and explore how the principles in Scripture are relevant for the trials you may be facing today.

### OCTOBER 28 – DECEMBER 9, 2019

#### SOUL KEEPING

This course is for anyone who wants to discover ways to communicate relacionally and minimize the hurt done when conflict occurs.

#### THE 7 PRINCIPLES OF HIGHLY ACCOUNTABLE MEN

Ever desire to make a change in your life but end up failing after a few tries, only to return to your old habits and destructive behaviors? Explore the seven foundational principles that make accountability work, and identify why accountability so often fails. Research and Scripture are clear, potential for growth increases when we do it in community with the support and encouragement of others.

### WHO’S TO BLAME? MUST BE YOUR FAMILY ... CERTAINLY NOT MINE?

Everyone comes from some kind of family, and every family has some kind of issues. This class is designed for couples who want to understand where their crazy comes from and how to manage it well.

### SUPPORT GROUPS

- **ALzheimer’s dementia caregiver support**
  This group has been provided to both education and support for caregivers of those with various forms and stages of dementia. Find encouragement and a place of respite as you support those you love.

- **ANGER MANAGEMENT FOR MEN**
  Designed specifically for men, participants discover the sources and triggers of anger and learn productive ways to cope and respond to life challenges.

- **ANGER MANAGEMENT FOR WOMEN**
  Anger is an often unspoken emotion and women deal with it in community with the support and encouragement of others. This class, designed specifically for women, provides a foundational understanding of what anger is, explores how it impacts relationships, and engages effective strategies to cope with anger in healthy ways.

- **BOUNDARIES**
  Based on the book by Henry Cloud and John Townsend, participants learn to recognize their own boundaries and how they impact the relationships they have. Open to anyone interested in improving their family, community, or social relationships.

- **DIVORCE RECOVERY I**
  Divorce Recovery provides initial support and direction for those who have been or are in the midst of separation or divorce.

- **DIVORCE RECOVERY II**
  This video/discussion group addresses issues associated with divorce and separation. Topics include depression, loneliness, financial survival, and forgiveness.

- **MISCARRIAGE AND INFANT LOSS**
  This group, with newly formatted curriculum, offers support for those who have been through a miscarriage and are ready to engage their new life. By exploring practical topics and engaging discussion, participants can discover God’s desire for their lives in this new season.

- **GRIEFSHARE**
  This video series offers valuable information combined with group discussion to support and encourage those dealing with grief.

- **SURVIVORS OF SUICIDE**
  This group offers support to anyone who has lost a loved one to suicide. Through education & sharing, participants gain new ways to process the loss of a loved one. Focus is on suicide prevention and how to mentor others through this difficult topic.

- **SAFE PEOPLE**
  Based on the book Safe People by Cloud & Townsend, this in-depth, 14-week study looks at ways to make wise choices in relationships from romance to friendship. Participants discover how to avoid repeating their own relational mistakes, how to pick safe, healthy relationships for the friends they make & the company they keep.

- **NEW! DIVORCE RECOVERY**
  Designed specifically for women, participants discover the sources and triggers of anger and learn productive ways to cope and respond to life challenges.

- **NEW! Anger management for men**
  Designed specifically for men, participants discover the sources and triggers of anger and learn productive ways to cope and respond to life challenges.

- **NEW! Understanding codependency**
  Have you ever heard the word “codependency” and wondered what it is all about, or if it is something you struggle with? This group will explore the basics of what codependency is, how it affects relationships, and how to move beyond co-dependent behaviors that impede God’s design for healthy Christ-centered relationships.

- **A woman after God’s own heart**
  This group is for the woman who desires to deepen her relationship with the Lord and experience His presence on a daily basis. Examine practical ways to help you begin to have the freedom of forgiveness, reclaim the joy of walking with the Lord, identify and apply your spiritual gifts, and use your story to minister to others. Utilizes Metamorphosis, a study developed by a team of Crossings leaders.

### NEW! RECOVERY & 12 STEP GROUPS

- **Alzheimer’s dementia caregiver support**
  This group has been provided to both education and support for caregivers of those with various forms and stages of dementia. Find encouragement and a place of respite as you support those you love.

- **Anger management for men**
  Designed specifically for men, participants discover the sources and triggers of anger and learn productive ways to cope and respond to life challenges.

- **Anger management for women**
  Anger is an often unspoken emotion and women deal with it in community with the support and encouragement of others. This class, designed specifically for women, provides a foundational understanding of what anger is, explores how it impacts relationships, and engages effective strategies to cope with anger in healthy ways.

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- **Griefshare**
  This video series offers valuable information combined with group discussion to support and encourage those dealing with grief.

- **Safe people**
  Based on the book Safe People by Cloud & Townsend, this in-depth, 14-week study looks at ways to make wise choices in relationships from romance to friendship. Participants discover how to avoid repeating their own relational mistakes, how to pick safe, healthy relationships for the friends they make & the company they keep.

- **Survivors of suicide**
  This group offers support to anyone who has lost a loved one to suicide. Through education & sharing, participants gain new ways to process the loss of a loved one. Focus is on suicide prevention and how to mentor others through this difficult topic.

- **Safe people**
  Based on the book Safe People by Cloud & Townsend, this in-depth, 14-week study looks at ways to make wise choices in relationships from romance to friendship. Participants discover how to avoid repeating their own relational mistakes, how to pick safe, healthy relationships for the friends they make & the company they keep.

### NEW! CELEBRATE RECOVERY REVIEW STUDY GROUP

This gender-specific, 10-month study deals with mixed recovery issues that include any hurt, habit, or hang up. The study is based on the 12 Steps with their biblical comparisons and the 8 Principles that are based on the Beatitudes. Pre-registration is required. For details, email CelebrateRecovery@crossings.church or call 302-1293. New groups begin September 9th for men & women. Details at crossings.church/LifeCare.

### CARESERIES FOR KIDS (4-12 years old)

Cascadia for Kids is a program to pave the way into the lives of children who are in the midst of difficult life situations (such as divorce, remarriage, death, addiction, chronic illness, etc.). They learn biblical truths that teach tools for healthy relationships and communication that will benefit them as they grow into adulthood. Fall topics include self-control, respect, and empathy. (Note: One parent or legal guardian must attend a Cascadia offering)

### CARESERIES FOR TEENS (13-18 years old)

Being a teen isn’t always easy, but you don’t have to go it alone. This program teaches teens how to communicate their feelings, develop healthy coping skills, and recognize the impact of choices they make in life. The fall theme is, Overcoming Obstacles, includes lessons on identity, strength, values, communication, teamwork, and assertiveness. (Note: One parent or legal guardian of teens under 16 must attend a Cascadia offering)

### CROSSINGS CHURCH 1210-23 Cross Street Wilmington, Delaware 19801 (302) 762-1293 CelebrateRecovery@crossings.church or call 302.1293.