

# ABOUT CARESERIES

## 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.**



14600 N PORTLAND AVE, OKC, OK 73134  
405.755.2227 // CROSSINGS.CHURCH

**Enter building through  
Southeast entrance.**

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

– CARESERIES PARTICIPANT

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

MONDAY NIGHTS  
CHANGE HAPPENS



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CROSSINGS.CHURCH/CARESERIES

# GROUPS MEET MONDAYS, SEPTEMBER 9 - DECEMBER 9, 2019 FROM 6:30-7:45PM, UNLESS OTHERWISE NOTED

There is no cost to attend, but materials may be available for purchase. Pizza and salad bar, 5:30-6:20 pm, are available for a small fee before groups begin. Nursery care is available for children under four years. CareSeries for Kids (4-12 years old) and brand new classes for teens (13-18 years old) are also available; parents of children under 16 must attend a CareSeries offering. INFO: [crossings.church/careseries](http://crossings.church/careseries) or contact LifeCare at 302-1293 or [CareSeries@crossings.church](mailto:CareSeries@crossings.church).

## 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 life, work life, and thought life.

#### **NEW!** PROTECTING YOUR MARRIAGE

Your marriage is worth protecting, but it takes work. This class is for couples who want to discover ways to communicate rationally and minimize the hurt done when conflict occurs.

#### STANDING FIRM IN THE FACE OF TRIALS

We all face trials in life, but sometimes it can be hard to know how to utilize 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

When was the last time you thought about the health of your soul? Utilizing the book *Soul Keeping: Caring for the Most Important Part of You* by John Ortberg, this class explores what the soul is and why caring for the soul is central to growing in a relationship with Christ.

#### 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 behavior? 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.

#### **NEW!** 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 developed to provide both education and support for caregivers of those with various forms and stages of Dementia. Find encouragement and a place of reprieve 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 can affect men and women in both similar and different ways. 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 boundary issues and how they impact the relationships they have. Open to anyone interested in improving their family, romantic, or social relationships.

#### DIVORCE RECOVERY I

*Divorce Recovery I* 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.

#### DIVORCE RECOVERY III

This group, with newly formatted curriculum, offers support for those who have been through a divorce 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.

#### GRIEF SHARE

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

#### MISCARRIAGE AND INFANT LOSS

This group specifically addresses the needs of those grieving a miscarriage or loss of an infant and offers a safe place to explore the many emotions created by grief, gain practical ways to walk through the grief process, and receive support from others who have experienced similar circumstances. *Meets Sept 9, Oct 7, Nov 4 & Dec 2.*

#### REBOOT COMBAT RECOVERY

We are excited to partner with Reboot Combat Recovery to offer this powerful class designed specifically to address the areas of trauma that service members. Whether it be a return home from combat, or the daily trauma that combat veterans face, this group engages topics such as identity, false guilt, grief, loss, spiritual wounds, and others, all in the context of a safe and supportive environment. *Preregistration required.* For more information, contact Gerry or Tracey Rouse with any questions (Gerry: [gerry\\_rouse@yahoo.com](mailto:gerry_rouse@yahoo.com) / 817-919-1092; Tracey: [tracey@rebootrecovery.com](mailto:tracey@rebootrecovery.com) / 817-919-0659).

#### 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 friendship to romance. Participants discover how to avoid repeating their own relational mistakes & how to pick safe, healthy people 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 learn to cope with the mix of confusing emotions suicide can leave behind, experience encouragement from an understanding community, and find new hope for the future.

#### **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 co-dependency 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 study is designed 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.

## NAMI (NAT'L ALLIANCE ON MENTAL ILLNESS)

#### NAMI CARING FAMILIES SUPPORT GROUP

This NAMI (National Alliance on Mental Illness) group offers support and understanding for family and friends of those dealing with depression and mental illness as they meet to share and encourage one another.

#### NAMI FAMILY TO FAMILY

Led by NAMI trained facilitators, this educational course is for adult family, caregivers and friends of individuals living with mental illness. *Preregistration required: 405.408.0886 or [edmondnami@gmail.com](mailto:edmondnami@gmail.com).*

## RECOVERY & 12 STEP GROUPS

Crossings is honored to host and provide meeting space for the following independently run, traditional 12 step groups:

#### ADULT CHILDREN OF ALCOHOLICS

ACA is an anonymous 12 Step program for women and men who grew up in alcoholic or otherwise dysfunctional homes. Participants discover how childhood affected them in the past and influences them in the present.

#### ALCOHOLICS ANONYMOUS

A.A. is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. Our primary purpose is to stay sober and help other alcoholics achieve sobriety. *Meets Mondays from 7-8 pm in the Pavilion.*

#### DEPRESSION & BIPOLAR SUPPORT

This informational class helps dispel myths, reduce fears, and support those dealing with depressive illnesses. Sponsored by Depression and Bipolar Support Alliance.

#### GAMBLERS ANONYMOUS

In this 12 Step recovery group, men and women share their experiences, strength, and hope to help others recover from a gambling problem.

## CELEBRATE RECOVERY STEP STUDY

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. Preregistration is required. For details, email [CelebrateRecovery@crossings.church](mailto:CelebrateRecovery@crossings.church) or call 302.1293. *New groups begin September 9 for men & women. Details at [crossings.church/LifeCare](http://crossings.church/LifeCare).*

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

*CareSeries for Kids* is a program to pour 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 CareSeries 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, *Overcoming Obstacles*, includes lessons on identity, strengths, values, communication, teamwork, and assertiveness.

*(Note: One parent or legal guardian of teens under 16 must attend a CareSeries offering.)*