

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: All ages

CHILDREN: 4 years through 12th grade

(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 10, 2018— unless otherwise noted

CHILDREN: First Floor, Children's Wing

ADULTS: Second Floor, Adult Education Wing, unless otherwise noted

CROSSINGS EDMOND CAMPUS

(1500 W Covell, Edmond, 73003)

Tuesdays from 6:30-8:00 pm beginning August 28, 2018

CHILDCARE available for newborns-5 years

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.

EDMOND
CAMPUS

CS

CROSSINGS EDMOND
CARESERIES SUPPORT
& RECOVERY GROUPS
TUESDAY NIGHTS
AUG 28-OCT 9, 2018
6:30-8:00PM

CareSeries provides opportunities for individuals to find hope by participating with others who are facing similar life challenges.

- Edmond Campus Group Offered -

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.

*Childcare provided (newborn - 5 years).
More information and ways to register:
crossings.church/careseries-crossings-edmond*



1500 W COVELL RD, EDMOND, OK 73003 // 405.242.5460
CROSSINGS.CHURCH f t i @CROSSINGSEDMOND

CS

CROSSINGS OKC
CARESERIES SUPPORT
& RECOVERY GROUPS
FALL SESSION
SEPT 10 - DEC 10, 2018

MONDAY NIGHTS
CHANGE HAPPENS



CROSSINGS.CHURCH/CARESERIES

OKC GROUPS MEET MONDAYS, SEPT 10-DEC 10, 2018

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, four years through 6th grade and brand new classes for teens (7th-12th grade) are also available; parents of children under 16 must attend a CareSeries offering. INFO: crossings.church@crossings.church or contact LifeCare at 302-1293 or 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 10 - OCTOBER 22 FORGIVENESS

All of us have suffered painful emotional and relational hurts. God calls us to forgive those who have hurt us, but that's often easier said than done. This group explores why we forgive, how to engage the process of forgiveness, what forgiveness is and is not, and the role of reconciliation.

BECOMING A MAN 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.

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.

NEW!

COMMUNICATION 101 FOR COUPLES

One of the foundational components of a healthy marriage is good communication. Learn and practice communication basics to increase your connection as a couple and improve your ability to walk through conflict as a team.

OCTOBER 29 – DECEMBER 10 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!

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.

NEW!

PARENTING IN THE BLENDED FAMILY

Parenting in a blended family is different. Learn how to better understand the unique parenting challenges a blended family presents and gain practical tools to make your parenting efforts a success.

SUPPORT GROUPS

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. An experienced Christian counselor leads group discussions.

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.

GRIEFSHARE

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

IDENTITY IN CHRIST: LEARNING TO LIVE AUTHENTICALLY THROUGH GOD'S GRACE

This group, for men and women, examines what it means to find our identity in Christ, which includes understanding how God's view of us transforms how we see God, ourselves, and others. This group also explores the powerful truth that God's strength is perfected in our weakness (2 Corinthians 12:9). Participants gain insight on the courage, compassion and connection of living authentically in who God created us to be.

NEW!

IRON SHARPENS IRON

This group is for men who want to live a life pleasing to God. Through book studies, accountability, and discussion, this group encourages men as they pursue the life God has designed for them to live in every aspect of their relationships, career, and thought life.

MISCARRIAGE AND INFANT LOSS SUPPORT GROUP

This support 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, September 10, October 1, November 5, and December 3.*

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.**

REBOOT COMBAT RECOVERY

We are excited to partner with LifeTroops to offer this powerful class designed specifically to address the areas of trauma that service members and first responders face. Whether it be a return home from combat, or the daily trauma that firefighters, police officers, and paramedics 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. For more info, contact Ken at 405-315-2187 or ken.lifetroops@gmail.com. **Preregistration required.**

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.

A WOMAN AFTER GOD'S 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.

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.

AL-ANON

This support group offers hope and help to those dealing with a loved one's alcohol addiction. **Meets Tuesdays at 5:45 pm in the Pavilion.**

ALCOHOLICS ANONYMOUS

AA is a well-established 12 Step, 12 Tradition program of recovery for individuals addicted to alcohol. **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 experience, 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 or call 302.1293.

New groups begin September 10, 2018 for men & women. Details at crossings.church/LifeCare.

CARESERIES FOR KIDS (4 years old-6th grade)

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. The fall theme, *Overcoming Obstacles*, includes lessons on listening, coping skills, self-control, cooperation, resolving conflicts, respect, integrity, attitude, responsibility, gratitude, empathy, and perseverance. **(NOTE: One parent or legal guardian must attend a CareSeries offering.)**

CARESERIES FOR TEENS (7th-12th grade)

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 curriculum, *Anxiety and Anger*, includes lessons on triggers, thoughts and behaviors, coping strategies, relationships, self-care, prayer, personal responsibility, and communication. **(Note: One parent or legal guardian of teens under 16 must attend a CareSeries offering.)**