

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 January 14, 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
WINTER/SPRING SESSION
JAN 14 – APR 15, 2019

MONDAY NIGHTS
CHANGE HAPPENS



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CROSSINGS.CHURCH/CARESERIES

OKC GROUPS MEET MONDAYS, JANUARY 14-APRIL 15, 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, 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/careseries 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.

JANUARY 14 - FEBRUARY 25

TAKING EVERY THOUGHT CAPTIVE (FOR MEN)

Learning to discipline our thoughts is a central component of becoming the men God has created us to be. Join us as we learn better ways to honor God and the relationships we are in by taking captive destructive thoughts and learning to discipline our minds.

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.

JUMPSTART YOUR MARRIAGE (EXTENDED EDITION)

We realize that a weekend retreat is only the beginning of growth and change in a couple's marriage. This course is for couples who are ready to go even deeper in gaining better understanding of how to have a life-giving marriage. Join us as we expand on the principles discussed at the JumpStart Your Marriage Conference, as well as other foundational insights to healthy, Christ-Centered marriages. **Begins February 11; preregistration required.** Register: 302.1293 or email CareSeries@crossings.church.

MARCH 4 – APRIL 15

NEW!

ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT

This new group has been developed to provide both education and support for caregivers of those with various forms and stages of Dementia. Join us for this seven-week course to find encouragement and a place of reprieve as you support those you love.

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.

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.

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 January 14, February 4, March 4, and April 1.*

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.

THE NEXT CHAPTER FOR WOMEN

This group is for women who have found themselves entering the world of "singleness," because of divorce, death of a spouse, or other life circumstances. Participants explore ways to engage their life with Christ while learning to embrace the future with a renewed sense of purpose and direction.

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. For more information, contact Gerry or Tracey Rouse with any questions (Gerry: gerry_rouse@yahoo.com / 817-919-1092; Tracey: tracey@rebootrecovery.com / 817-919-0659). **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.

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 or call 302.1293.

New groups begin January 14 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 winter/spring theme, *Overcoming Obstacles*, includes lessons on responsibility, coping skills, resolving conflicts, friendship, and respect.

(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 winter/spring theme, *Emotional, Social & Spiritual Milestones*, includes lessons on empathy, self-control, social awareness, boundaries, identity in Christ, and mercy. **(Note: One parent or legal guardian of teens under 16 must attend a CareSeries offering.)**