

# 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:** 4-18 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 June 3, 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  
SUMMER SESSION  
JUNE 3– AUGUST 5, 2019

MONDAY NIGHTS  
CHANGE HAPPENS



14600 N. Portland Avenue, OKC, OK 73134  
405.755.2227 // crossings.church



CROSSINGS.CHURCH/CARESERIES

# OKC GROUPS MEET MONDAYS, JUNE 3-AUGUST 5, 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.*

**JUNE 3-24, 2019**

### ANGER MANAGEMENT: JUST THE BASICS (MEN & WOMEN)

Anger is a part of life, but anger doesn't have to control your life. This four-week class covers the basics of understanding and managing anger in healthy ways. Learn practical insights, rooted in biblical principals, that will equip you to identify triggers, process anger effectively, and engage others in a Christ-honoring way.

### **NEW!** FIGHT YOUR WAY TO A BETTER MARRIAGE

In this four-week course, learn how conflict can be the doorway to intimacy, connection and understanding. Participants will learn the difference between a "reactive cycle" and a "responding cycle," as well as how to open a once hardened heart.

## 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. Join us to find encouragement and a place of reprieve as you support those you love.

### 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.

### GRIEFSHARE

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

### MAN ALIVE (FOR MEN)

Have you ever wrestled with wondering if God really cares about you, or do you continue to struggle with destructive behaviors that keep dragging you down? Do you question why your most important relationships aren't working and why you aren't leaving the legacy you hoped for? Based on the book by Patrick Morley, Man Alive: Transforming Your Seven Primal Needs into a Powerful Spiritual Life engages these questions and more as it explores the seven primal needs of every man and identifies how these needs can be transformed into the vibrant spiritual life God desires for you to live.

### 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](mailto:gerry_rouse@yahoo.com) / 817-919-1092; Tracey: [tracey@rebootrecovery.com](mailto: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.

### 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 your relationship with Christ.

## 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. The summer theme is Boundaries and Communication. Topics include personal space, trust, respecting boundaries, nonverbal and verbal communication, listening, and expressing emotions.

**(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 summer theme, Boundaries and Communication, includes lessons on boundaries and trust, respect, thoughtful communication, and conflict resolution.

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