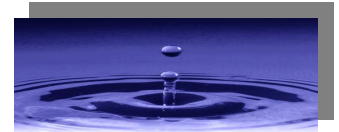




Workshops / Groups



- **Grief, Transition, and Loss.** This presentation focuses on the dynamics of grief process and looks at the various ways it is experienced in daily living. Examples will be presented from the Bible in addition to case studies in order to consider ways of working through the feelings related to significant losses.
 - **Intentional Marriage - A Workshop for Marital and Pre-marital Couples.** A workshop addressing the key dynamics of avoiding traps, breaking destructive patterns, and establishing and maintaining a healthy love relationship in marriage. Practical interactive helps for engaged and married couples. Biblically based / Research informed.
 - **Intentional Parenting** - . A practical look at improving interpersonal skills for communication and typical problems which cause breakdowns in the family. Interactive, humorous, and visual, the workshop helps identify ineffective measures parents frequently engage in and then it provides helpful alternatives.
 - **The Overscheduled Child/Overscheduled Family** – In a society which over-schedules life, learn how to seek balance in looking out for your children’s development without losing your own. Learn ways to balance the priorities of raising children and taking care of your marriage and/or yourself as well...without guilt! Practical, helpful hints.
 - **S.O.S. (Save Our Sanity!) Parenting Teenagers Workshop.** In this workshop for parents we will take an honest look at adolescence (ages 11-20): identifying developmental issues; and exploring Biblical attitudes and practical parental essentials for understanding, preparing for, and *surviving* the tumultuous adolescent years.
 - **Boundaries** –. A workshop addressing the key dynamics of setting good boundaries in relationships; on the job, in marriage, with children, parents and with siblings. Practical interactive helps and principles. How to be effective with people and making the most of tough situations.
 - **Help! It’s Not Just A Beatles’ Oldie** Have you or someone you know ever felt like you were wading through quick sand carrying the weight of the world on your shoulders? If so, this presentation is for you. As church members, pastors, friends, counselors, parents, etc., or whatever capacity you may be involved as a “people helper”; at one time or another, you have probably experienced discouragement. How do we respond to those who are hurting? Scripture, various Christian authors, and real life example will be utilized to help us better understand what it means to be an encourager in today’s world.
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- **Listening for Heaven’s Sake*** – Building Genuine Trust and Openness - Develop healthier more satisfying relationships by learning to listen with warmth empathy and respect while developing practical caring skills.
 - **Speaking the Truth in Love*** – Encouraging Growth and Accountability – Learn six essential components of balancing truth and caring in key relationships at home, church and in the workplace. This course will give you tools to become more genuine in your relationships, focus on concrete goals for growth and change, set and activate behavioral goals, practice loving confrontation and overcome inappropriate behavior.
 - **Renewing the Mind*** – Thinking, Feeling and Acting more like Jesus – This course will help you discover and replace destructive or counterproductive thinking, You will learn how to examine your beliefs, how to change your feelings, self-talk and behavior. In this transformation process you will learn to reinforce healthy beliefs about God, yourself and others.
 - **Guiding Life-Changing Small Groups*** – Navigating the Stages of a Small Group -You will learn to recognize individual needs during the 5 stages of group development, overcome common problems that surface in groups, and get the most out of the small group experience.
 - **Confronting Conflict*** – Facing Tense Situations and Angry People – We will examine emotional triggers and relational habits that perpetuate and deepen conflict, learn the essential processes and practical skills needed to gracefully manage and resolve most conflicts.
- ***Equipping Ministries International**® EMI Classes - Can be held in a condensed one-two day format or over a period of weeks in a small group format

- **Self-Esteem Seminar - Who Am I? In Christ** – Finding Significance, Security, and Self-Worth. This seminar can be held from 3 – 6 hours in one day or be adapted into a 4-6 week class.
- **Women's Identity Seminar - A Christian look at who God created women to be in Christ.** Take an 8 week adventure with us as we explore the book Captivating by John and Staci Eldredge and look at the issues of who God created us to be. In a world where women are exploited this will be a refreshing and healing time for any woman who has struggled with discovering her true identity in Christ.
- **GriefShare®/DivorceCare®** - Our counselors facilitate groups and classes utilizing these materials and resources to help deal with the traumas related to these issues.
- **Stressed OUT-** Gain understanding of how stress impacts you and your children. Recognize the signs and learn practical ways to guard against and manage stress for you, your family members, as well as in the workplace.
- **Hardwired for Conflict—Understanding temperamental differences in relationships** - Utilizing a Kiersey Temperament Sorter, (much like a Myers Briggs), gain understanding of your own God-given preferences and how they effect work, family and marital relationships. Learn practical ways to deal with conflicts.
- **Depression – the silent killer** - In adolescents, children and adults alike, depression silently erodes energy, relationships, and hope. Learn how to recognize signs of depression and discover practical ways to begin to fight back, win back and restore vitality and meaning to life.
- **TAKE A 'PURPLE PILL' / BE ANXIOUS FOR NOTHING!** - Anxiety issues are the fastest growing mental health concern in the United States today. Gain understanding of this fast growing phenomenon; recognize symptoms and discover scriptural truths which lead to freedom, with or without medication!

† *Throwing Out a Lifeline: Counseling Teenagers - Workshop, for Youth Pastors / Youth-workers.*

An in-depth look into counseling aimed specifically at adolescents. This practical instruction will include group work and role playing that help to process knowledge into personal skills. This seminar is intended for those who work with teenagers in both the Christian and non-Christian setting. It has application for: the formal counseling setting; the informal one-on-one time youth workers spend with kids; and for parents of teenagers as well.

† **HEALTHY BOUNDARIES IN PASTORAL MINISTRY.** Pastors experience a number of demands on their time and energy. As a result, some are subject to professional burnout while others experience stress in their family relationships and also physical problems. The earthly ministry of Jesus Christ offers insight into ways to care for oneself. A model will be presented drawing from Scriptures on ways to set appropriate limits with others.

† **Crisis Care** – A workshop aimed at those who are responsible for managing post traumatic issues after personal or community crises. It is designed to help understand the processes of shock recovery and provide practical interventions of care.

† **Redemptive Marital Therapy** – Training for Pastors, Lay Counselors, and Professional Counselors. Biblically-grounded, research-based marriage counseling training. An in depth preparation for those who counsel conflicted couples.

† *Temperament Tensions – Helping Conflicted couples resolve daily temperamental*

traumas. Young couples encounter the shock of different approaches to doing life. When they won't changed for each other, the wounding begin. Prevent it before it starts; reverse the damage, even after years of conflict. Secular research and biblical principles align to provide practical helps.

† - Indicates seminar designed for pastors, missionaries and/or church leadership.

WellSpring Workshops are designed to be low cost/no cost life-builder and equipping (Ephesians 4.12) seminars for your church or denomination. Most are structured to last 1.5 to 2 hours for groups of 10 to 100. Presenters may be both licensed counselors and/or ordained clergy, bringing a wealth of knowledge coming from many years of experience in Pastoral, Para-church, and Counseling ministries. They provide sound practical Biblical integration to the subject matter.



Main Office: 1115 Bethel Road 1st Floor Columbus, Ohio 43220 **(614) 538 - 0353**
Satellite Offices: Dublin, Grove City, Delaware, Reynoldsburg, Pickerington, Hilliard,
 Marysville, Circleville, Gahanna, New Albany, Franklinton, Hilltop, Whitehall.

A Division of Central Ohio Youth For Christ

