

# Workshops and Retreats

## Marriage and Relationships

**Listening Well:** *Keys to successful communication*

**Making Marriages Better**

**Re-Energizing:** *Respect, care, conflict resolutions, considering goals as a team*

**Marriage for Better, for Worse, Forever:** *Incorporating humor, Biblical principles and time tested techniques used by successful couples*

**Forgiveness**

**Healthy Relationships**

**Loving Wisely**

**Healthy Boundaries**

**Divorce**

**Systemic Training for Effective Parenting**

**Talk So Kids Will Listen; Listen So Kids Will Talk**

**Learning from Biblical Families**

**Ties that Bind:** *Helping parents transition children to college*

**Family as a Mobile:** *Explaining family systems*

**Children and Grief**

**Bullying**

**Normal and Abnormal Aging:** *Expectations as we age*

**Will You Walk Me Home?** *Attending the dying with a ministry of presence*

**Developing a Visitation Program for Older Adults and Shut-Ins**

**Spirituality for Seniors**

**Exploration of Identity**

**Celebrating Change**

**Journaling Our Journey**

**Growing Deeper:** *Achieving transformation and spiritual depth which leads to experiencing the fullness of God's grace*

**Silent Retreat:** *An overnight retreat including a time of preparation, worship and group processing away from noise and everyday stress of living*

**Gestalt Pastoral Care:** *Inner healing through faith and Gestalt practices*

**Spiritual Practices for Reducing Anxiety and Depression**

**Overcoming Loss:** *6-session grief support group in a safe, healing environment*

**LOSS:** *Losing a Loved One to Suicide Support Group*

**Pastoral Care and Complicated Grief**

**Trauma and Abuse**

**Support Group for Caregivers**

**Children and Grief**

**Mid-Life Review and Transitional Issues**

**Women's Issues**

**Life Beyond Depression and Anxiety**

**Eating Disorders**

**Cognitive Behavioral Therapy Concepts**

**Strong Church, Safe Church:** *Child abuse, policy development and more*

**Boundary Setting**

## Children, Family and Parenting

## Senior Issues

## Self-Care and Wellness

## Spirituality

## Grief, Loss and Caregivers

## Personal, Mid-Life and Mental Health

## Ethics and Boundaries



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