



FREE Seminars Available for Congregations and/or Communities

Health Ministries:

Far-Reaching Health Fairs

Health fairs give churches the opportunity to connect to their community in meaningful ways. This seminar will give you the nuts and bolts of how to plan and implement an impactful health fair with far-reaching influence! **2 hours**

Health Ministries Training for Churches

This practical training seminar will empower your church to develop and grow an effective health ministry. Church members will be inspired to follow Christ' example in reaching their community through health ministries. They will also learn about the cycle of health ministries, conduct a community wellness survey, analyze the data collected from the community wellness survey, and develop a 1-2 year strategic plan for health ministries. **1.5 days (weekend training)**

Inspiring Movement

This seminar will train you on how to lead fun and effective exercise classes for varying fitness levels in your community. **1 hour**

Making a Meaningful Hospital Visit

This practical workshop offers a Scriptural foundation for hospital visitation; insights into hospital practices, along with hospital etiquette and ethics, which impact visitation; the focus and principles of a meaningful hospital visit (including ways to engage the patient and family in your visit; avoiding traps or getting stuck in sticky issues; praying with a patient/family; visit closure and follow-up). A hospital visit model is explored, as well as tips for developing various types of listening skills and a supportive "presence." **2 hours**

Recognizing & Combatting Burnout

Are you feeling overwhelmed, tired and ready to tap-out of your job, life or ministry? You might be experiencing burnout. Burnout is a state of emotional, mental, physical and even spiritual exhaustion caused by excessive and prolonged stress. This presentation gives participants the opportunity to assess their individual risk for burnout, recognize the stages of burnout, and learn simple self-care strategies to combat the effects of daily stress. **1.5 Hours**

The Ins and Outs of Depression

This workshop explores depression; from the cause to the cures. You will learn how to recognize depression, how to help someone who has depression and all the different treatments that are available for depression. **1 hour**

Bereavement Support:

Companioning Parents Through Their Sunset Years

This workshop explores “A-Z” strategies, with experiential practicality and wit, on how adult children can advocate for, and collaborate with, their aging parents through the sometimes-tricky transition years after retirement ... for empowering, enriching, multi-generational end-of-life experiences together. **1.5 hours**

Healing Hearts After Losing a Baby ...

Through Miscarriage, Pregnancy Loss, Stillbirth or Newborn Death

In the United States, one in four women loses a baby during pregnancy or in the year following a live birth. The loss of a baby is often minimized in society and within our church families, which adds to parents’ grief and pain. This workshop is offered for families who have experienced the loss of their baby and those who would like to learn how to offer meaningful support with them. It explores normal grief feelings, differences in responses often experienced between mothers and fathers, helpful words to use in grief support (and unhelpful words to avoid), and healthy, healing avenues for grieving this very tender loss. **3 hours**

Healing Ways to Grieve During the Holidays

Whether Thanksgiving, Christmas, Mother’s Day, Father’s Day, birthdays, anniversaries, or others, holidays are times which may trigger intense grieving after the loss of a loved one. This workshop explores the nature of grief and then looks at helpful, healing ways for coping with these special occasions. **3 hours**

How Do I Help Someone Who Is Grieving?

Practical workshop which explores the nature of both “normal” and “complicated” grief; describes helpful ways to offer individual grief support; provides a list of helpful words to use (and unhelpful words to avoid) with those who are grieving; insights into helpful spiritual support with those who are grieving; and ways that a church family may offer bereavement care with grieving members. **3 hours**

Suicide: Preventive Interventions & Support for Families after Loss

This workshop explores the incidence of suicide; its risk factors for adults, adolescents and children; myths vs. facts about suicide; recognizing clues that someone may be considering suicide; the QPR method for intervening with someone who appears to be contemplating suicide; typical feelings experienced by family members of suicide victims; and meaningful ways to provide support with families of those who have completed suicide. **2 hours**