



SUPPORT GROUPS & CARE

Fall 2018

At Mountain Life Church, we recognize that lifestyles, life stages and circumstances affect the health and well-being of individuals and their families. Our desire is to show the love of Christ to others in the way we care for each other. Connecting with others dealing with similar circumstances through support groups can ease your burdens.

Register for a Support Group at
www.mountainlife.org/care

If you have questions, would like help finding care for your current situation or would like to join Mountain Life's Care Team, contact
Laura Behnke | laura@mountainlife.org | 435.647.5855.



SUPPORT GROUPS

Celebrate Recovery

Starts Fall 2018, Dates TBD | Time TBD | Ongoing
Christian Center of Park City | Counseling Wing
Leaders: Henry Johnson & James Epstein

Celebrate Recovery draws from the Beatitudes to help adults (18+) resolve painful problems related to addictions as well as hurts, habits and hang-ups. Developed 20 years ago, this faith-based, anonymous, 12-step program helps participants come together in a safe place and discover new levels of care, acceptance, trust and grace.

DivorceCare

Thursdays, September 20-December 20 | 6:00 - 8:00 pm
Mountain Life Church | Room 101 | Childcare Provided
Leaders: Dave & Marci Morse

DivorceCare is a community-wide special support group for people experiencing divorce and separation. The program includes DVD presentations from nationally recognized experts on divorce and recovery with topics of facing anger, loneliness, forgiveness and new relationships. Small group discussions in each presentation. Cost of the workbook is \$15—scholarships available.

enCOURAGEment through Cancer

Meets 1st Thursday of each month | 7:00-8:30 pm | Ongoing
The Home of Jeanne Fine (contact revfine@msn.com for address)
Leader: Jeanne Fine

This group provides support and encouragement for those journeying through cancer and their primary support person.

GriefShare

Wednesdays, September 19-December 19 | 6:30 - 8:30 pm
Mountain Life Church | The Loft | Childcare Provided
Leaders: Tim Deer, Karen Koerselman & Sandra Musgraves

After the initial shock of losing a loved one and everyone else goes back to normal life, you need a place to go for support where others understand the pain of loss. GriefShare is a weekly, peer support group that can help you in your journey to healing. There is a video seminar each week covering topics such as guilt and anger, why?, and feeling stuck. It can provide comfort and help you know that you are not alone in this difficult season. Cost of the workbook is \$15—scholarships available.

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Single and Parenting

Wednesdays, September 19-December 19 | 6:00 - 8:00 pm
Mountain Life Church | Room 105 | Childcare Provided
Leaders: Laura Behnke & Chris Cunningham

There aren't many people who truly understand the unique challenges single parents face. You deeply desire to do what's best for your kids, but sometimes it's all you can do to survive from one day to the next. Single & Parenting is a special weekly group that will bring hope to your life. At a Single & Parenting group, you'll participate in video seminars that explain how to: wisely encourage your kids to obey, eliminate debt, figure out your emotions, plus you'll develop meaningful friendships with other single parents. Cost of the workbook is \$15—scholarships available.

CARE

Lay Counseling

Ongoing

To discuss Lay Counseling options, please contact:

Laura Behnke | laura@mountainlife.org | 435.647.5855

In addition to the Support Groups and Stephen Ministry that Mountain Life Church offers, Lay Counseling for men, women and couples is also available. So often in life, there seems to be a stigma about getting help for the problems that may be going on deep inside of us. We readily get eyeglasses when we need to see better but are reticent to get help when our hearts and minds get overloaded and it gets hard to cope. Our lay counseling staff is equipped to help you regarding marital, everyday life, spiritual issues and addictions (for women only) with the goal for you to experience real change in your life so that you may experience all that God wants to give you. Counseling appointments are made on a space-available basis for once-a-week, ongoing counseling.

Stephen Ministry

Ongoing

Leaders: Sue Thomas | sanddthomas@gmail.com | 435.640.8124
Bob Hosale & Michele Neal

Stephen Ministry is the one-to-one lay caring ministry for people who are hurting due to tough life circumstances. Mountain Life offers this program as a support option. Stephen Ministers are trained care givers who will listen, care, encourage, pray, and provide emotional and spiritual support. Men are paired with men; women with women. Typically ministers meet with their care receiver once a week for about an hour. Twice a month, Stephen Ministers gather with Stephen Leaders for supervision and continuing education.