



SUPPORT GROUPS & CARE

Fall 2019

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

All groups meet at Mountain Life Church unless otherwise stated.

Celebrate Recovery

Mondays starting September 23 | 6:00-8:00 pm | Ongoing | Childcare

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

Mondays starting September 23 | 6:00-8:00 pm | 13 Weeks | Childcare

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 | Off-site

This group provides support and encouragement for those journeying through cancer and their primary support person. Childcare is not provided for this group.

Grief Support

Tuesdays | 1:00 pm | Ongoing

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. Grief Support is a weekly, peer support group that can help you in your journey to healing. We'll cover 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. Childcare is not provided for this group.

CARE

Lay Counseling

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

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.

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For more information on any of our Support or Care groups contact
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