

The Road to Recovery Begins Here...

Grief Share

A 13-week program designed to assist people in adjusting to a significant loss in life, such as a loved one, unexpected career change, etc. Learn how grief affects you and those around you, as well as healthy ways to process feelings and heal emotionally in a support group atmosphere.

Boundaries . . .

An 8-week seminar that presents what boundaries are, how to develop, protect and repair them for a healthier, balanced lifestyle. Includes video segments, handouts, and group interaction.

DivorceCare . . .

A 13-week seminar designed to help individuals gain understanding and healing from the difficult experience of divorce or separation. Includes workbook, weekly videos, and group interaction.

Love Thinks . . .

A 6-8 week course designed by Dr. John Van Epp Ph.D to give perspective on dating and what to look for in a mate. This course should maximize your potential of finding "the one" by giving you the tools to focus on the crucial characteristics of a loving, lasting relationship.

Crown Financial Seminar . . .

A 10-week study designed to change the way people handle their money by: reducing debt, increasing savings, increasing giving, and strengthening marriages.

Anger Management . . .

A 12-step approach to developing healthy and effective skills to express and control anger. Includes workbook, lectures, and small group interaction in a 13-week seminar.

1-2-3 Parenting . . .

An 8-week course designed by Dr. Thomas W. Phelan Ph.D to help you develop effective discipline for children 2-12. Using this simple counting method you can control obnoxious behavior, encourage good behavior, and strengthen your relationship with your child.

Love & Respect . . .

Discover the Single Greatest Secret to a Successful Marriage. Using Dr. Eggerichs' breakthrough techniques, couples nationwide are achieving a brand-new level of intimacy and learning how to:

- Stop the Crazy Cycle of conflict
 - Initiate the Energizing Cycle of change
 - Enjoy the Rewarded Cycle of new passion
- And, if you'll take his biblically-based counsel to heart, your marriage could be next.

If you are interested in attending any of these programs, please contact us for more information.

(603) 598-6205

growthandhealing@gmail.com



**THE GREATER NASHUA
GROWTH & HEALING CENTER**

Classes are held at 8 Franklin Street, Nashua, NH 03064

Life is hard enough. Let's help one another.

Who is involved?

Our group leaders are individuals who have prior experience with the seminar and the course materials involved. Like yourself, they have experienced life's challenges and have a desire to help others overcome and improve their lives through these programs. They should be considered "Peer Caregivers" and not professional counselors.

When does it start?

Each program generally runs on a semester basis; please call to find out about the program that interests you.

What does it cost?

All of our programs are free to participants, however some utilize workbooks (most under \$20). These materials are available for purchase at the first class.

How can I make a connection?

We continually monitor the need for various programs and schedule them accordingly. For the latest information about these seminars, please call us at

(603) 598-6205

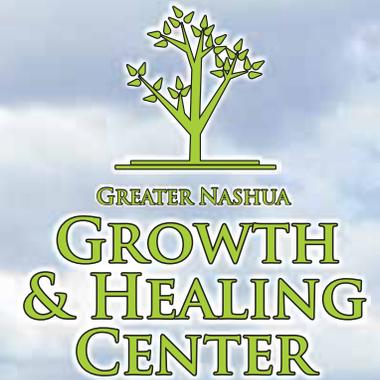
or email us at

growthandhealing@gmail.com



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DIRECTORY OF PROGRAMS

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