

FIT TO FIGHT

Resources to Strengthen Your Life and Relationships

INDIVIDUAL DEVELOPMENT

LIFE SKILLS TRAINING

Boundaries | 9-week class for developing enjoyable healthy relationships.

Career Transition Workshop | 13-week seminar providing insight and support for those in a job or career transition.

Emotionally Healthy Spirituality | 8-week study providing practical skills for spiritual formation.

Financial Peace University | 9-week course helping to bring financial peace.

RESTORATION GROUPS | Various small groups offering love, acceptance, biblical instruction and hope to those seeking to overcome life challenges such as abortion, abuse, addictions, divorce or grief and loss.

PROFESSIONAL CHRISTIAN COUNSELING | Confidential, biblically-based counseling from licensed therapists.

MARRIAGE DEVELOPMENT

PREPARE/ENRICH INVENTORY | 8-hour weekend workshop for those planning to marry. Utilizes the Prepare Inventory, small groups, couple exercises and mentoring to help couples form a Christ-centered marriage.

GROWING LOVE | 9-week class designed to transform relationships by learning nine essential skills for life-long love.

PARENTAL DEVELOPMENT

GRACE-BASED PARENTING | 10-week class helping parents develop a grace-based, character-driven model to nurture well-rounded and loving kids.

EMPOWERED TO CONNECT ADOPTIVE & FOSTER PARENT TRAINING

The Prepare Course | 6-week course to prepare for adoption or foster parenting (pre-placement).

The Connect Course | 9-week course designed for parents who have already adopted or are fostering with a focus on understanding relationship dynamics, attachments, the needs of the whole child and guiding behavioral change.

The above resources are offered at various campus locations, days and times. Registration required.

Please visit oakhillschurch.com/care for details and to register.