

2019 CARE TRAINING CLASSES ~ 7-8:30 p.m., Ed. Center, Room 21

CARE I

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| January 28 | Introduction to CARE |
| February 4 | The Trinity of Man |
| February 11 | Understanding Human Personality |
| February 25 | Building Communication Skills |
| March 11 | The Art of Listening |
| March 18 | Understanding Codependency/Boundaries |

CARE II

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| April 1 | Understanding Human Emotions |
| April 8 | Understanding Stress |
| April 15 | Understanding Fear & Anxiety |
| April 22 | Understanding Depression |
| April 29 | Understanding Anger |
| May 6 | Understanding Loss, Grief & Mourning |

CARE III

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| May 20 | Do You Hear What You're Thinking? – Part I |
| June 3 | Do You Hear What You're Thinking? – Part II |
| June 10 | The Art of Waiting on God |
| June 17 | The Art of Listening to God |
| June 24 | Counseling Skills – Part I |
| July 1 | Counseling Skills – Part II |

CARE IV

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| July 15 | The Role of Suffering |
| July 22 | Elder Care & Palliative Care |
| July 29 | Post Traumatic Stress |
| August 5 | Personal Spiritual Warfare – Part I |
| August 12 | Personal Spiritual Warfare – Part II |
| August 19 | Taking Care of Yourself |