

2019 CARE TRAINING CLASSES ~ EC-Board Room, 7-8:30pm

CARE I

January 28	Introduction to CARE
February 4	The Trinity of Man
February 11	Understanding Human Personality
February 25	Building Communication Skills
March 05	The Art of Listening
March 11	Understanding Codependency/Boundaries

CARE II

March 25	Understanding Human Emotions
April 1	Understanding Stress
April 8	Understanding Fear & Anxiety
April 15	Understanding Depression
April 22	Understanding Anger
April 29	Understanding Loss, Grief & Mourning

CARE III

May 13	Do You Hear What You're Thinking? (Part I)
May 20	Do You Hear What You're Thinking? (Part II)
June 3	The Art of Waiting on God
June 10	The Art of Listening to God
June 17	Counseling Skills (Part I)
July 24	Counseling Skills (Part II)

CARE IV

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