

THRIVE! Spring 2019

Five Fridays for Building Healthy Relationships!

March 1st to March 29th
6:30–8:30 pm

Attend **ONE** of the following five-week classes (**note**: some classes are for individuals, some are for couples only):

BOUNDARIES - Setting Healthy Relationship Limits - Do you feel overburdened, overwhelmed, and overcommitted? Are your life and relationships out of balance? Do you say yes when you mean no? Do you have difficult people in your life? Do you want to take back control of your life? Without healthy boundaries, you cannot manage your life and deal with difficult people.

Weekly Topics:

- Session One: What is a Boundary?
- Session Two: Boundary Myths, Truths, and Principles
- Session Three: How to Set a Boundary
- Session Four: Boundaries in Specific Relationships
- Session Five: Maintaining Effective Boundaries

In this interactive class led by Karla Downing, MFT, you will learn how to set effective, biblically-based limits that will radically change your life and relationships for the better. (5 weeks, individuals and couples, faith content: moderate)

CORNERSTONE MARRIAGE: *Essentials for Building Oneness*

Oneness refers to the bonding of two into one. While we do not give up our individuality when we marry, it is God's plan that husband and wife live in unity and harmony. "Cornerstone Marriage" examines what is required to achieve marital oneness. Compiled and facilitated by Sandi and Mason Dickerson, this class focuses on six "building blocks" or core values for creating marital harmony that lasts. They are presented as "Oneness Value Statements" as follows.

- I value me.
- I value my mate.
- I accept personal responsibility.
- I give and receive forgiveness.
- I communicate honestly.
- I submit and sacrifice.

Class participants are encouraged to concentrate on how they, as individuals, can embrace these values and adapt in ways that will contribute to building oneness in their marriage. This couples class is open to seriously dating, engaged, and married couples. (5 weeks; couples only; faith content: moderate)

SPARKS for Couples - SPARKS is a coaching program for couples of all ages and stages of a relationship. It will facilitate the discovery of your individual God given passions, and bring them together in a way that creates an amazingly strong relationship. Join in the fun! The SPARKS program is divided into four stages:

- Discovery—where individuals discover their personal God given passions
- Fundamentals—for building safety into the relationship,
- Action Planning—several short and long range goals are transformed into an action plan
- Visioning—the exciting culmination of the program, bringing together all prior stages and creating an inspirational picture of an amazing future for each couple.

Couples will leave with a clear understanding of what each partner was created for, the skills needed for empowering one another to live their passion, and a vision for their future. Facilitated by the program authors, Herman and Barbara Schoene, this class is limited to only six couples. (NINE weeks – see note below; couples only; faith content: moderate)

Special note: SPARKS is an extended, nine-week class. It will meet all 5 weeks of Thrive, plus the bonus week, at EvFree, with childcare available. The three week extension is two more Friday nights at EvFree and one additional meeting at the leaders' home for the Grand Finale! (Childcare is not available for the final three meetings).

UNDIVIDED: Coloring Unity into Marriage - Do you ever wonder why your spouse does some of the things they do? Is it difficult for you and your spouse to see eye to eye on certain issues, like arriving somewhere on time? Come learn more about how your personality influences your choices and your responses. We'll discuss and practice principles that will keep you and your spouse united as you learn to better understand each other's personalities. Topics include:

- Communicating understanding to each other
- Dealing with disunity in a healthy way
- Unity in making decisions, including spending habits
- Connecting spiritually
- Learning the importance of both sexual and non-sexual affection within marriage

Improve your understanding of yourself, your spouse, the purpose of marriage, and, most importantly, how to communicate with your spouse in a healthy way so that you can have a marriage that remains undivided. This program is led by William and Cindy Shaw. (5 weeks; couples only; faith content: mild)

COUPLETALK - Part One - *Cracking the Code to a Deeper Connection*

This workshop-style class teaches couples healthy skills for speaking, listening and understanding each other. Topics include:

- Listening with Empathy
- Speaking the Truth in Love
- Communicating Effectively
- Really Understanding Each Other

The class includes lots of practice time with your partner. Every couple will benefit from this fun, practical class, whether seriously dating or long-term married!

Note: This class is a prerequisite for taking Part 2, **Handling Conflict**, which will be offered on a Saturday in May. Facilitated by the program authors, Don and Alex Flecky. (5 weeks; couples only; faith content: mild)