

# *Freedom Life Center in Manteno*

What We Offer:

## ***\*Family Life Skills Education Classes***

The “Learning to Live, Learning to Love” curriculum by Dr. Paul Hegstrom , founder of the Life Skills International. These gender separate classes give men, women and young adults the ability to develop healthy relationships and how to conquer destructive behaviors. Painful and unresolved past issues from childhood cause us to react with behaviors that hinder our potential for happiness and success in life. There are reactive behaviors, including anger and depression that prevent us from having healthy relationships and often cause us to sabotage our own success.

Do you feel like you are stuck in destructive habits or addictions? Are you filled with anger, depression, fear, anxiety, rejection or shame? Most of the time we do not know why we feel the way we do or do the things we do... all we know is we feel like a failure and unfulfilled.

What we do not understand drives us crazy, but what we do understand we can deal with. The truth you understand will set you free. Begin to live life with a purpose. Find out who you really are and the incredible power you have within you.

Learn Life Skills that will turn your negative thinking around that will promote growth. Without any judgment or shame we teach individuals the source behind their bad behavior. Each is given dignity and respect as they grow through the healing and recovery process.

This is a 6 month process (Dr. Hegstrom’s research show how the brain processes and rewires). We meet once a week for 3 hrs. True friendships and trust are developed with those who are in your group.

Whether you are from an abusive home, in an abusive relationship or trying to break patterns of the past, Life Skills can help. Life Skills gives you the knowledge and truth that helps you break free from addictions, habits, guilt and shame, fear and anxiety, stress and depression that has caused broken or abusive relationships.

### **Family Life Skills Topics:**

\*Anger Management\*Identifying Abuse\*Childhood Wounds, Grown up Pain\*Male/female differences\*NLP Communications\*Understand Emotions\*Conflict Resolution\*Forgiveness\*Journey out of Guilt & Shame\*Reactive Lifestyles\*Self Esteem\*Mother/Son & Father/Daughter relationships\*The Neurobiology of Trauma/How the Brain Responds\*Developing Healthy, Happy, Intimate, Fulfilled Relationships

***\*Freedom Life Teen Ministry...Teens are People Too!!!  
Discovering Our Dignity & Worth!***

*The challenges teens face today are more difficult than any other time in history: school stress, parental management, boredom, loneliness, depression, dating, abuse, bullying, suicide, addictions, peer pressure, and much more. This ministry is designed to prepare teens to handle pressure and make right decisions. This remarkable ministry will teach teens how to like themselves, how to make good friends, how to get along with parents, how to succeed in school, how to handle dating and sex issues, how to avoid addictions, how to have a healthy self esteem, just to name a few. Our research includes a psycho-education with inspiring information from some of the best experts such as: Dr. Amen, Dr. Caroline Leaf, Dr. Paul Hegstrom, Eric Erickson, Dr. Savage, Dr. Phil, Sean Covey, Joyce Meyer, and more.*

Teen groups meet once a week for 2 ½ hrs. In a small group dynamic that is a safe atmosphere where teens will not be judged. They have opportunity to vent, learn and receive the validation that empowers them to feel good about themselves. Each week they will receive affirmations and be encouraged to do a positive self confession out loud...this empowers teens to reclaim their personal self worth!

**Some Topics & Issues researched, discussed and learned in group are:**

- ~The Identity Crisis~**Self Esteem** & Self confidence...Discover the real you...  
Who am I really? Why am I here? What is my life suppose to accomplish?
- ~***Breaking the Cycle*** of defeat...***The Reactive Lifestyle vs. The Proactive Lifestyle***
- ~***Abuse***
- ~Drugs and how to avoid **addictions**
- ~**Anger** and Anger Management...***Conflict Resolution***
- ~***Bullying***
- ~***Suicide*** (Why people die by suicide)
- ~***Friends & Co dependent Relationships***
- ~**The Brain** & How we are wired
- ~**Communication & Neuro Linguistic Programming/NLP**
- ~**Forgiveness**, Grieving & Letting Go
- ~***Depression***
- ~**Rejection**
- ~Free from guilt, **Shame**, judgment & condemnation
- ~Understanding **Emotions** (Why do I feel the way I do? Getting in touch with our primary emotions)
- ~***Parents***
- ~**Sex, Dating**, Intimacy and Fulfillment in relationships~Understanding true Love from God's perspective~The Gift of Attraction~How to emotionally bond

~Discover your purpose in life...School, Career...You have a dream, pursue it!

### **\*Church Services that Empower you to Reclaim Your Value**

More than anything God wants us to feel good about ourselves. It was so important that He gave us a brand new identity. Did you know that Good News, an encouraging word, understanding our value and who we are in relation to God gives us power...power to be who we were created to be, power to achieve, and power to make another individual feel valuable?

Discover your Dignity and Worth! In Psalms 8: 5 it says that God has crowned us with Dignity and Worth. Dignity-The presence of poise and self-respect in one's demeanor that causes others to respect you.

Begin to understand the truth of how good God is and how good He created you. You are not your behavior, you are not your sin, you are not your past...You are who God says you are! You are valuable, held in high regard, well loved child with gifts, talents and a God ordained purpose for your life. Faith comes by hearing and hearing of the truth of who you are and what you have because of the death, burial and resurrection of Christ. We encourage, enlighten and empower you with this Good News so you can reclaim your born identity!