

GROW Ministries Classes



Genesis Process

Tuesdays 2:00-4:00pm

- * Relapse Prevention
- * Assists our clients in discovering why they have addictive behaviors which leads them to addictions.
- * Instructor: Janet Wolfe
- * Certified in 2008: Janet is the only certified Genesis instructor in the QCA.
- * Closed Group

Love is a Choice

By Appointment Only

- * A Codependency and Unhealthy relationships recovery workbook.
- * Teaches clients on how to recognize unhealthy relationships, let go of those relationships and to heal from unhealthy relationships including dysfunctional families, abusive relationships, and past traumas.
- * For GROW Clients and Domestic Violence Victims
- * Instructor: Janet Wolfe
- * Over 150 hours of domestic violence advocacy training.

Design for Discipleship- Foundation Bible Study

Thursdays at 11:00 am

- * Basic Bible Study
- * Covers Various Topics as:
 - * Who is Jesus?
 - * How to live the Obedient Christian life
 - * The Holy Spirit
 - * And many other topics
- * Instructor: Vanessa Navarro

Learning to have a Mind Change

Meets Tuesdays from 1:00-2:00 pm

- * Clients learn how to change their thinking from unhealthy to healthy.
- * Includes Battlefield of the Mind- by Joyce Meyer
- * Instructor: Linda Sullivan

30 Life Principles

Monday thru Wednesday 11:00 am

- * A Charles Stanley Study: 30 Life Principles
- * Including Principles like:
 - * Our intimacy with God- His highest priority for our lives- determines the impact of our lives
 - * Obey God and leave all the consequences to Him.
 - * And many more life changing principles
- * Instructor: Kathy Burns

Faith at Work

Meets Mondays at 4:00pm

- * Job readiness class
- * Help Clients with resume building and job search
- * Teaches Client confidence building for job interviews
- * Networks with Dress for Success
- * Available to the Public
- * Instructor: Hollie Jordahl

Break Free from Past Sexual Abuse

Mondays at 5:00pm

- * Healing wounds from past sexual abuse; rape, molestation, and prostitution.
- * Topics discussed:
 - * Forgiveness- of self, others and God
 - * Reinforces God's Love for each one
 - * And many other topics
 - * Confidential
- * Instructor: Sue Robinson

The Women's way through The 12 Steps

Wednesdays 4:00 pm

- * Walks Clients through the 12 Steps of AA
- * This class is structured to assist Women with personal issues through the 12 steps.
- * Available to the public
- * Instructor: Hollie Jordahl, 5 plus years sobriety

Life Skills

Meets Tuesdays at 4:00 pm

- * This is a class with various topics including:
- * Table etiquette
- * Phone etiquette
- * Cooking classes
- * Advanced computer skills, keyboarding, and Microsoft Word
- * Available to the Public
- * Instructor: Carol Greathouse

Discipleship Class

Meets Monday nights 6:30-8:30 pm

- * This is a 10 Principle group
- * A Bible study geared towards addicts
- * Open Meeting
- * Scripture memorization, homework, community service, etc.
- * Awards/ Family night the first Monday night of the month.
- * Instructor: Kathy Burns

SOAPing

Daily 9:00 -11:00 am

- * SCRIPTURE
- * OBSERVATION
- * APPLICATION
- * PRAYER
- * Each Client has devotion time alone with God and the scriptures in our prayer room, then share time.
- * Instructor: Kathy Burns