



Grow Together Class Descriptions

12 WEEKS



Affirming Potential is a life-changing, 12-week journey built on the universal truth that God has created each of us with value and potential. The class teaching, group discussions, and personal reflection opportunities help participants accept the past, better understand the present, and prepare themselves to lean into and embrace their future.



Faith and Finances is a 12-week class that lays the foundation for basic financial management skills. The course discusses money in the context of relationships, attitudes, values, and obstacles. Participants gain information and skills relevant to everyday life including setting up a budget, giving, being thrifty, and eliminating debt by overcoming real-world financial pitfalls.



Boundaries by Dr. Henry Cloud and Dr. John Townsend is a 12-week class that teaches when to say yes & how to say no, to take control of your life. Clear boundaries are essential to a healthy, balanced lifestyle and relationships. As a participant, you'll learn how to live your life more fully and display truth and love more freely.



Living a healthy lifestyle is not a destination, it is a journey. You can start exactly where you are right now. Using the wagon wheel principle first introduced in the Affirming Potential class, this 12-week course explores how the health of each wheel impacts and affects the way we spend our time, the current lifestyle we are living, the habits we want to create, and the way we eat.

6 WEEKS



A 6-week class for parents/caregivers in our community, to provide them with the skills required to feel more relaxed, hopeful and positive about their children and their relationships with them. It is our hope that parents develop skills to communicate more effectively with their children at all stages and ages.



An inspirational 6-week class exploring the journey of change through the compelling story of "The Butterfly Circus" film. Participants gain helpful insights into their own life by seeing through the eyes of the film's characters and reflecting on their journey. Together, you'll explore the challenging yet rewarding process of transformation.



Grow Together community classes offer an opportunity for anyone in Benton County to gain valuable information, consider personal life-situations, meet new people, and grow together. Classes start at 6:30pm on Thursday evenings. Childcare and transportation are available for registered families.

FALL

12 WEEKS

Sep - Dec

WINTER

6 WEEKS

Jan - Feb

SPRING

12 WEEKS

Mar - May

12 WEEK COURSES

Affirming Potential
Faith and Finances
Boundaries
Healthy Lifestyles

6 WEEK COURSES

Parenting the Love and Logic Way™
Made for More

THURSDAY EVENINGS 6:30 PM - 8:00 PM
SUBURBAN CHRISTIAN CHURCH



**CLASSES NOW
ENROLLING
VISIT OUR WEBSITE:
YOURLOVEINC.ORG**



**QUESTIONS?
EMAIL SUE HARDIN
GROWTOGETHER@YOURLOVEINC.ORG**



**INTERESTED IN
BECOMING A CLIENT?
CALL THE HELP LINE:
541-757-8111**