

**Christian Life Skills Inc. Training: August 27, 28, 29, 2009**  
**2009 Training to Implement the Christian Life Skills Ministry**

This training is for Adults to be equipped to work with children, youth, and families  
**August:**

**27 -- Thursday — 6:00 - 9:30 p.m. — Introducing Youth to Spiritual Warfare** - ages 6 - 26 - An Overview of Christian Life Skills and Survey of the First Six Sessions Introducing Youth to the Practice of Spiritual Warfare in their daily life situations

**28 — Friday — 6:00 - 9:30 p.m. — Skill #9 – Having a Healthy Life Style**, avoiding addictions, proper use of music, videos, internet, exercise, eating, etc.; developing habits for a healthy life that pleases God

**29 — Saturday — 8:00 a.m. - 3:30 p.m. — Morning: Session Basic Nurturing & Mentoring** --- How to nurture and mentor youth enabling them to share their life issues, receive godly counsel, knowledge of the Word of God, and the internal strength to live by biblical principles

**Afternoon Session-- Skill #1 - Self-care, self-understanding, self-identity, self-esteem, self-love** -Helping youth understand who they are in Christ, how they can raise their own self esteem, and how to develop the internal strength to resist negative peer pressure and live by biblical principles

**Location: Union Baptist Church of Swissvale, 2117 Collingwood Avenue, 15218**

Cost of training sessions pays for materials and refreshments: The four sessions are \$10. each, (\$40 for all four sessions).

**If needed scholarships are available to cover all costs.**

**Deadline for Pre-registration: August 22, 2009**

You may pre-register by mail, online at [www.christianlifekills.net](http://www.christianlifekills.net), or, call: 412-889-4065

# Parents! Grandparents! All Caring Adults!

## You Are Invited to:

### Christian Life Skills Training!

#### Caring for Youth and Families!

#### Scripture-Based Life Skills and Nurture!

**\*\*Overview and Vision:** How to overcome the forces destroying the mental, emotional, physical and spiritual lives of our youth and families.

**\*\*Nurture and Pastoral Care of Youth and Families:** What it takes to provide our youth and families with the ongoing support, help, and encouragement to grow spiritually and succeed in spite of the chaos and unwholesome influences in our world.

#### **\*\*Skills to Equip Our Youth**

**\*\*Intro to Spiritual Warfare**

**\*\*Skill #1:** Self-care, self-understanding, self-identity, self-esteem, self-love

**Skill #2:** Thinking biblically, realistically, responsibly, and for school success

**Skill #3:** Setting goals, making good decisions, resisting peer pressure

**Skill #4:** Developing a relationship with God

**Skill #5:** Managing sexuality—body, mind, and spirit

**Skill #6:** Exploring, discovering, and using— gifts, interests, abilities and resources to live into God's purpose in life

**Skill #7:** Dealing with relationships—family, friends, opposite sex

**Skill #8:** Managing emotions—anger management, peer pressure, channeling feelings in the right direction under the right circumstances

**\*\*Skill #9:** Having a healthy life style, avoiding addictions, proper use of music, videos, internet, exercise, eating, etc.; developing habits for a healthy life that pleases God

**\*\*Note:** This training covers the starred items. Other trainings in the future!

## Christian Life Skills – Training Pre-Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ zip; \_\_\_\_\_

Hm. Phone: \_\_\_\_\_ cell: \_\_\_\_\_

Email: \_\_\_\_\_

Church: \_\_\_\_\_

Role in church: \_\_\_\_\_

Dates of sessions you plan to attend: Aug. 27 \_\_, 28 \_\_, 29 a.m. \_\_, 29 p.m. \_\_

Amount enclosed \_\_\_\_\_ Amount I will bring to session(s) \_\_\_\_\_

Full scholarship needed  Partial scholarship needed

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