Looking ahead at the next round of

FRESH START CLASSES

Pathway to Living an Abundant Life

Classes are held Monday evenings at
Martins Creek Mennonite Church, 6111 CR 203, Millersburg

Spiritual | Emotional | Workshop | Financial | Relational | Mental

Childcare provided & classes are free of charge

January	11	New Class Orientation- 7:00-8:00 pm			
	18	Faith & Finances 12 week class 1	Trauma Reboot Recovery 12 week class 1	Pathway to an Abundant Life 6 week class 1	Healthy Living - Nutrition 6 week class 1
	25	2	2	2	2
February	1	3	3	3	3
	8	4	4	4	4
	15	5	5	5	5
	22	6	6	6	6
March	1	7	7	Mental Class Anxiety Study 6 week class 1	Bible Study 6 week class 1
	8	8	8	2	2
	15	9	9	3	3
	22	10	10	4	4
	29	11	11	5	5
Apr	5	12	12	6	6
	12	End of Class Celebration! 6:30-8:00 pm			

To register for any of these classes you can call Love INC @ 330-473-6017, go to loveincofghc.org, or scan the QR code!
Descriptions of current classes on the back.

FRESH START CLASSES

Pathway to Living an Abundant Life

Classes are held Monday evenings at
Martins Creek Mennonite Church, 6111 CR 203, Millersburg

Financial | Mental | Emotional | Holistic | Physical

Meal available between 5:30-6:30pm for everyone! Come and enjoy before your class begins. Classes free of charge and childcare is provided!

Faith and Finances

Book + Group

Jan 11 - April 5; Meal @5:30; Class 6-8pm. Led by Mike & Becky Stinson and April Miller

Join our Faith & Finances Community for our 13-week study. We'll eat, laugh, and struggle together as we learn to overcome obstacles, set financial goals, make spending plans, manage debt and loans, and more. It is a curriculum that encourages us to consider God's plans for our money & resources.

Reboot Recovery

Video + Book + Group

Jan 11 - April 5; Meal @5:30; Class 6-8pm. Led by Andy Spencer and Debbi Miller

This 13-week, faith-based course empowers everyday people to overcome trauma and embrace a brighter future. Trauma REBOOT can help you break free from the pain of your past and find renewed purpose and strength. Courses are peer-led by people who've lived it, learned from it, and have a heart to help lift you out of it. You will share a meal together before you jump into each week's lesson. There is no judgment and total privacy.

Pathway to an Abundant Life

Book + Group

Jan 11 - Feb 22; Meal 5:30-6:30. Class 6:30-8pm. Led by Vicki Conn

In this 7-week class, you will draw from the Truth in John 10:10, recognizing that the enemy comes to steal, kill & destroy, BUT that Jesus came to give life abundantly. You were created to function wholly in all areas of your life – spiritually, relationally, mentally, emotionally, physically and materially. As a broken human, how do you break free from the enemy's ploys and instead experience shalom – holy wholeness? You don't have to be paralyzed in the pit; instead, you can be rooted in His Truth and experience hope and freedom in Jesus.

Healthy Living - Nutrition

Material + Group

Jan 11 - Feb 22; Meal 5:30-6:30. Class 6:30-8pm. Led by Renee Spencer

This 7-week class will walk through how to make healthy, practical food choices that support your overall health and well-being. We will learn the nutritional benefits and purposes of different food groups and items, and how to successfully incorporate them into our daily diets. We will explore balanced meals, portion sizes, and building confidence in the choices we make. Let's take simple steps to a healthier lifestyle together!

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Spiritual | Mental

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Bible Study

Video + Book + Group

March 1 - April 5; 6:30 - 8pm. Led by

This 7-week class

Get Out of Your Head

Video + Book + Group

Jan 11 - Feb 22; 6:30 - 8pm. Led by Chris Bower

This 7-week class focuses on defeating anxiety with a mind like Christ's. Are your thoughts holding you captive? We spiral down and down. Changing the way we think seems nearly impossible. And yet tools from the book of Philippians can transform our emotions, our outlook, and even our circumstances by taking control of our minds. We can find freedom from the downward spiral by using tools that this study goes over.

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