

# CORNER STONE

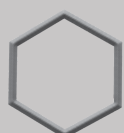
*Christian Family Solutions*<sup>™</sup>

THE ULTIMATE GUIDE TO HOSTING THE COURSE

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# GROUP HOST INFORMATION

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## LOCATION

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## DATES

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## TIMES

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## GROUP LEADER(S)

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## CONTACT INFORMATION

(PHONE)

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(EMAIL)

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## ADDITIONAL INFORMATION

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## EMERGENCY MENTAL HEALTH RESOURCES

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# PROGRAM OVERVIEW

reviewing the basics of the course

## MISSION

Empower congregations to embrace mental wellness education as a ministry.

## VISION

This program is based on Philippians 4:4-9: *“Rejoice in the Lord always, I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, that transcends all understanding, will guard your hearts and minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put into practice. And the God of peace will be with you.”* This program will seek to share the game changing grace of God through the teaching of practical resilience skills.

## PURPOSE

To equip God's people to speak his grace and peace to individuals using a system of tools and strategies that are simple to understand and implement, while exposing them to a compassionate community within a congregation for pastoral care and access to medical support when necessary.

## WHY INVOLVE THE CHURCH?

This idea is born out of several experiences and encounters where it appears that the world is primed for mental wellness considerations. The church can offer the only solid reply to many of those concerns. Resilience activities and practices are the way to begin those discussions in practical, approachable, and applicable ways to all people. The church as a whole also has the need for member ministries, and these concepts are teachable for those with a heart to deliver love and education.

## COURSE OUTLINE

There are an enormous number of challenges that can occur in life from seemingly tiny to soul-crushingly overwhelming. The CORNERSTONE resilience system is designed to provide a specific set of steps to follow to put into perspective those things that seem unmanageable. Through six one-hour sessions, participants will learn and practice skills and benefit from the ideas of others in their quest to be more resilient and “bounce back” in difficulty.



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# PROGRAM OVERVIEW

reviewing the basics of the course

## WHY CORNERSTONE?

Perhaps the greatest mission fields in the United States are those whose hearts and minds are hurting. (People are concerned about mental wellness and scared of mental illness now more than ever). CORNERSTONE provides an unparalleled opportunity to reach these people for the following reasons:

- When people are hurt, they are open to help. The church could be the first place people go – or at least a place. (The current options available are insufficient: time, cost, access, walk it off, have more faith).
- It provides a systematic way to help people with their emotional lives. (We do not have systems for our emotional selves. Brushing your teeth is not a systems problem; it is an execution problem).
- It opens the door for the gospel to be shared. (Grace is the game-changer. The people of God are to be as Jesus was...accepting, hopeful, loving, compassionate).

## HOW IT WORKS

CORNERSTONE is divided into six modules- each with a primary skill associated with resilience that can be learned and practiced. All individuals can benefit from the skill; the delivery and content can be customized. For example, it may work best for your ministry to offer this exclusively to your church community as a six-hour workshop with lunch and place greater emphasis on God's promises. You may be a ministry looking to add some practical attainable skills to your confirmation classes. You may know that there is a mental wellness interest and/or vacuum of care in your community, and you have people who would be willing to deliver the program in an ongoing fashion in your facility. Many options are available. Be sure to assess the needs of your ministry and understand the resources you have at your disposal.



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# FREQUENTLY ASKED QUESTIONS

## THE PARTICIPANT'S EXPERIENCE

Each of the six modules is designed to give participants a preview of a situation where the particular skill might be useful. The group leader will be responsible for reviewing information, providing details about the skill, and walking each person through a worksheet. Each module will end with a reflection on the skill and a homework prompt. In the following session, the leader will review the materials and ask for feedback from the group on the previous module. The same process will then begin with a new skill.

## WILL PARTICIPANTS HAVE TO TALK DURING THE GROUP?

The decision to share is at the discretion of the individual. While participants are encouraged to contribute, it is not required. This is not a support group, so sharing personal information is not part of the format. The leader will work to make each person feel welcome and ask for feedback. Participants may want to consider contributing to discussion at some point for their benefit, as well as for others who might gain from this insight.

## CAN THIS PROGRAM BE EXPANDED BEYOND THE CONGREGATION FOR OUTREACH?

Yes! Everyone is welcome. All people can benefit from the skills taught in this program.



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# PROGRAM MODULES

descriptions to share for promotion

## **MODULE 1: RESILIENCE**

Resilience is the idea that individuals can be built up in such a way that they will “bounce back” from difficulty. Those with higher resilience would recover better than those with lower resilience. There are many views of this concept, but the overall common theme include some basic elements, the particular viewpoint of the individual, and some protective factors instilled through learning. Resilience is not inherited – it is grown. No matter how resilient you may feel today, you can and will improve when pay attention and make a plan!

## **MODULE 2: CRISIS SURVIVAL**

Sometimes there are moments in life that cannot be corrected—they are just difficult. The best one can hope for is to get through them with grace and avoid more damage. Being able to know when to do that and how to accomplish it is crucial. Use the right tool for the right problem. If you determine you are experiencing a crisis – don't panic. Learn how to survive.

## **MODULE 3: REALITY ACCEPTANCE**

There are times when something enters our lives and becomes a permanent problem. Some difficulties need to be fully and totally accepted. Reality acceptance is the way to lower pain and suffering. There is freedom, release, and peace knowing that everything in your life is meant to be there.

## **MODULE 4: MINDFULNESS**

Mindfulness will be studied through six specific skills that help individuals delve into the world around them in the most honest and complete way. This type of mindfulness is helpful in dealing with reality and eliminating additional items that might confound the thoughts or complicate the emotions. Mindfulness is difficult but everyone can work at it!

## **MODULE 5: EMOTION REGULATION**

This is the skill of determining how to interact with emotions as they come. While it might seem that our emotions are controlling how we behave, emotion regulation is the way to set it up so that there is always a choice. Emotions can be very powerful things. In order to get this skill to work, we have to keep at it and reverse the emotional circle to be more in control.

## **MODULE 6: THOUGHT DISTORTIONS**

Thought distortions are particular ways of thinking in which people often become stuck, but which are actually untruthful. Living this way can be very difficult for them and others. Learning to catch these distortions and rephrase them can have enormous positive impact on the situations and outcomes.



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# PLANNING CHECKLIST

items to consider while preparing to host

- Choose a group leader
- Determine the dates and times
- Choose a location
- Create a process for registration
- Determine the deadline for registration
- Promote the classes in your bulletin
- Promote the classes in your newsletter
- Create an event page on your website (if applicable)
- Create an event page on Facebook (if applicable)
- Post flyers in common areas
- Share with community members (if applicable)

## ADDITIONAL NOTES



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# SOCIAL MEDIA

captions to promote the program

## **MAKE YOUR COMEBACK**

You have been there. You have been thrown a curve-ball. You have been knocked to your knees.

Maybe you're still there. Maybe you are on your knees, wondering how you can rise. Maybe you want to make a comeback, but you are unsure where to start.

Join us for CORNERSTONE—a six week, faith-fueled, resilience system training class. Learn skills to become resilient so you can make your comeback.

## **RISE AGAIN**

"The greatest accomplishment is not in never falling, but in rising again after you fall." -Vince Lombardi

Learn how you can rise after you fall with CORNERSTONE, a faith-fueled resilience training course! This six-week class will teach you the skills you need to increase your resilience and successfully rise.

## **THE PROBLEM**

Failing to brush your teeth is not a system problem – it's an execution problem," a wise pastor once said. We have systems we've learned to deal with teeth brushing and it just requires follow through.

Failing to bounce back from difficulty IS a system problem AND an execution problem. We need to learn and execute a system for better mental resilience.

Join us for CORNERSTONE—a six week, faith-fueled, resilience system training class. Learn the skills and execute the system to see yourself as resilient.

## **BIBLICAL RESILIENCY**

"In this world you will have trouble. But take heart! I have overcome the world," -John 16:33.

Learn more about God's promises and the resilience system he has provided through his word with CORNERSTONE, a six-week training course designed to help you overcome challenges. Through these faith-fueled classes, you will practice skills to manage life's difficulties and build your resiliency!

## **BE PREPARED**

Life will challenge you. Be prepared when it does.

Join us for CORNERSTONE –a six week, faith-fueled, resilience system training class. Through this course, you will learn strategies and build skills to help you cope and recover from times of crisis.



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**Pair each post with the corresponding graphic**

# PUBLICATION BLURBS

information for your newsletters & bulletins

## **BUILD RESILIENCE & GROW YOUR FAITH!**

We know that we will experience trouble while we are here on earth. Our sinful world is filled with painful challenges, and they can be difficult to overcome. We also know that our loving God has promised to be with us as we go through these trials and tribulations.

Learn more about God's promises through CORNERSTONE –a six week, faith-fueled, resilience system training class. Through this course, you will be given the tools to build your resilience and grow your faith!

Classes will begin **(insert date)** and will be held every **(insert day)** in the **(insert location)**. You can learn more about CORNERSTONE by contacting **(insert name)** at **(insert contact information)**.

## **ARE YOU RESILIENT?**

Have you ever wondered how some people recover from crisis so well? Do you wish you could do the same?

Well, you can with CORNERSTONE! This six-week, faith-fueled, resilience system training class will give you the resources to build your resilience. Each week, you will learn a new skill to help you overcome challenges and grow in your faith!

The course will begin on **(insert date)**, with classes being held every **(insert day)** in the **(insert location)**. You can learn more about CORNERSTONE by contacting **(insert name)** at **(insert contact information)**.

## **LEARN TO BE RESILIENT!**

Resilience is a skill that is learned –not one that is inherited.

Learn how you can build resilience and overcome challenges with CORNERSTONE! This six-week, faith-fueled course will provide you with strategies to increase your resilience and strengthen your faith. By the end of the course, who will have the skills you need to overcome any challenge!

CORNERSTONE will begin on **(insert date)**, with classes being held every **(insert day)** in the **(insert location)**. Contact **(insert name)** at **(insert contact information)** to learn more!



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THANK YOU FOR  
YOUR PARTNERSHIP!

CORNERSTONE is program of Christian Family Solutions, a ministry focused on "healing and helping people in need through the ministry of Jesus Christ."

Learn more at [ChristianFamilySolutions.org](https://ChristianFamilySolutions.org)



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