

THRIVE! Fall 2020

Five Fridays for Building Healthy Relationships!

- **October 2nd to October 30th – 7pm–8:30pm**
- **All classes will be held online on the Zoom platform. There are no in-person classes this session.**
- **Participants choose ONE of the following five-week classes. (Note: some classes are for individuals or couples, some are for couples only).**

1) MANAGING YOUR ANGER - BEFORE YOUR ANGER MANAGES YOU!

Do you struggle with controlling your anger? Has your anger caused problems in your marriage, family, job, friendships, and/or health? Would you like to learn how to manage your anger to stop the negative effects you are experiencing?

Anger is a powerful emotion that can result in disastrous consequences. Given that it feels so overwhelming, you might be surprised to know that it can be effectively managed.

Learn the causes of anger, how to decrease it, and how to control it. You can improve your relationships and be a better parent, spouse, co-worker, family member, & friend.

The class will cover:

- Physiology of Anger
- Myths about Anger
- Raging Anger, Passive-Aggressive Anger, Reactive Anger, and Abusive Anger
- Roots of Anger
- Rational Emotive Behavior Therapy
- Assertiveness Techniques
- Relaxation Techniques
- Parenting with Logical Consequences
- Problem Solving Techniques

This interactive class is led by the author, Karla Downing, LMFT, and includes lecture, small group discussion, and individual activities outside of class to apply the techniques and gain insight into one's own anger patterns.

(5 weeks, individuals and couples, faith content: mild)

2) VERTICAL MARRIAGE

Vertical Marriage includes group discussion, video presentations, and private couple conversation opportunities to identify how to apply the five themes of a healthy, godly marriage (listed below). By video we will learn from the authors, Dave and Ann Wilson, who openly share their marital struggles, including the night their marriage nearly fell apart. In this study, we will hear engaging and entertaining stories about their marriage, providing encouragement and practical strategies to build a healthy and vibrant relationship. Topics covered include:

- **THE ELUSIVE SECRET** – Focus on your relationship with God first
- **FIGHT ME LIKE A MAN!** – Having and resolving conflict
- **TO CHEER AND TO CHERISH** – Top relationship needs for men and women
- **GOD IN THE BEDROOM** – Physical intimacy
- **ALL IN!** – Committing to be “All In” with God, your marriage, and your mission

No matter what stage your relationship is in, this information will help you discover the hope and power of a vertical marriage. Learn the one key secret that will change your marriage. Facilitated by longtime marriage leaders Doug & Jody Brown.

(5 weeks, couples only, faith content: moderate)

3) COUPLE TALK - Part One - *Cracking the Code to a Deeper Connection*

This workshop-style class teaches couples healthy skills for speaking, listening and understanding each other. Topics include:

- Listening with Empathy
- Speaking the Truth in Love
- Communicating Effectively
- Truly Understanding Each Other

The class includes lots of practice time with your partner. Every couple will benefit from this fun, practical class, whether seriously dating or long-term married! Facilitated by the program authors, Don and Alex Flecky.

Note: This class is a prerequisite for taking CoupleTalk Part 2, **Handling Conflict**, which will be offered later as an all-day Saturday class.

(5 weeks; couples only; faith content: mild)