

# Redeem & Restore

## CENTER

*Wanted: mentoring & training classes*

### Topics, Books & Activities (Weekly/Monthly/Quarterly)

1. Stress Management
2. Conflict Resolution
3. How the Body Functions
4. Relationships
5. Domestic Human Trafficking
6. Financial Budgeting
7. Boundaries
8. Codependency
9. Bible Stories
10. *Every Woman's Battle*
11. Addiction Education
12. Love Languages
13. *Roadmap to Redemption* - Bender
14. *When God Winks* by Rushnell
15. Healthy Eating and Care for Our Bodies
16. Speech, Etiquette, and Poise
17. Overcoming Insecurities
18. Speech
19. Self Care
20. Cooking
21. Baking
22. Knitting
23. Creative Art
24. Sewing
25. Car Care basics
26. Mindfulness
27. Animal Therapy
28. Her Identity
29. Goal Setting
30. Listening Skills
31. *Journey to Hope* -Johnson
32. Intimacy
33. Feelings
34. Abandonment
35. My Betrayal
36. *Mending the Soul* -Stacy
37. Understanding the Culture of Family
38. Battling my Powerlessness
39. Caught in My Ambivalence
40. Embracing My Sexuality
41. Welcoming Kindness and Sorrow
42. Living with Gratitude