



**CONFIDENT KIDS**  
**3 UNITS**  
**8 weeks each**

**MAKING WISE CHOICES UNIT**  
*I Always, Always Have Choices*  
**BEGINS SEPT 30 2019**

Learn the difference between wise and unwise choices, discover a six step process for making wise choices, and learn how to find wise adults when they need to ask for help.

**FACING MY FEELINGS UNIT**  
*All My Feelings Are OK*  
**BEGINS JAN 6 2020**

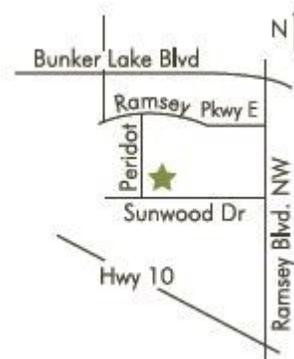
Learn how to name feelings, express them in healthy and appropriate ways, recognize and lower feeling defenses, and use feelings to know when it's time to ask for help.

**LIVING IN MY FAMILY UNIT**  
*There are No Perfect Families*  
**BEGINS MAR 30 2020**

See their family, whoever that may include, as their primary place of belonging and support and learn and practice a variety of family living skills.

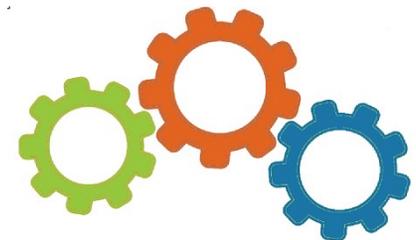
northgate  
 CHURCH

**Passionate about helping people become who God purposes them to be.**



**CONFIDENT KIDS**  
 SUPPORT GROUPS | northgateCHURCH

**Support groups for kids walking through stressful life situations and their caregivers**



763.412.1701

contact@ngatechurch.org

7295 Sunwood Drive NW  
 Ramsey, MN 55303

ngatechurch.org



## You are not alone...

*Children and youth process stress very differently than adults. Kids, even within the same family, can process and react to stress very differently.*

### CONFIDENT KIDS

brings hope, healing and the message of God's love to kids experiencing life stress and their caregivers by providing a safe, supportive Christ-centered community.

### EXAMPLES OF LIFE STRESS

adoption, bullying, death of a loved one, divorce, foster care, health concerns, loneliness, and other special needs or family struggles

### SPIRITUAL FOUNDATIONS



Bible stories

memory verses

small group  
prayer time

**God is a loving caregiver** who is always present and gives us support in difficult times. *Joshua 1:9, Romans 8:38-39, 1 Peter 5:7*

**Jesus knows what it means to suffer** and be hurt and therefore can help us when we experience suffering and hurt. *Hebrews 2:18*

**God helps us find comfort and peace** when we pray honestly about what we are feeling, *Philippians 4:6-7*

**God intends a hopeful, purposeful future for us**, no matter how painful the present may seem. *Jeremiah 29:11*

## PROGRAM GOALS

**Confident Kids** support groups are designed to:

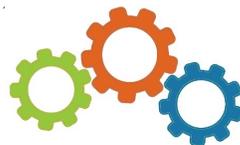
**Teach** children the skills necessary to understand, talk about, and cope with their life circumstances in healthy and positive ways.

**Encourage** children to talk about their experiences in a loving, safe environment.

**Build self-esteem** and a sense of trust through relationships with caring adults facilitators.

**Influence** the home environment by teaching caregivers the same skills in a concurrent caregivers' group.<sup>9</sup>

**Guide** children and caregivers into a relationship with God and to use prayer and Scripture as resources in dealing with their life circumstances.



## PROGRAM ELEMENTS

### A Life Skills Curriculum

teaches children a core set of healthy living skills needed to understand and cope with their life situations.

### A Support Group Environment

provides an emotionally safe environment to help kids work through their life experiences with trained facilitators.

### A Concurrent Parent/Caregivers' Group

allows caregivers and kids to learn and grow together.

## MORE INFO: [ngatechurch.org](http://ngatechurch.org)



### MONDAYS

Units run for 8 weeks

**6:30 - 8 pm**

**Northgate Church, Ramsey**

### Meal provided - free

donations accepted

gluten sensitive as needed, however, we cannot guarantee 100% gluten free for highly sensitive gluten allergies

### For everyone in the Family

Childcare for infant to 4 years

### Support Groups for:

- 4 years old-1st grade
- 2nd-5th grade
- 6th-8th grade
- 9th-12th grade
- Parents / Caregivers



Space may be limited

## REGISTER

[ngatechurch.org/eventregistration](http://ngatechurch.org/eventregistration)

## QUESTIONS?

763-999-8320

[ngatechurch.org/contact-info/](http://ngatechurch.org/contact-info/)