

## What is Restarting?

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**Restarting** is a Christian, cutting-edge approach for building relational joy and developing life-giving relationships.

**Restarting** teaches new skills that build our capacity for joyful relationships with God and others.

**Restarting** offers hope for painful attachments, weakened relationships, spiritual dryness, trauma, abuse and addictions.



## Some Restarting Topics

- Calming painful emotions
- Healthy relationships
- Trauma, hope and recovery
- Attachment styles
- Identity
- Maturity

## A Note of Encouragement

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I don't believe that one class will solve all of our problems, but I do believe that **Restarting will give us some new tools, insights and practice** in living the way God intends us to live. My prayer is that we will begin to experience healing, restoration and growth.

**Restarting** is not therapy, and this class is not designed to take us to places of intense pain in our lives. Instead, **Restarting is designed to teach us skills** that will help us grow and heal.

One of the best things about *Restarting* is that the class is not just knowledge-based lectures. Instead, **we actually practice what we are being taught** so that we can deal with the tough spots in our lives.

The class combines video instruction with relational skill-building exercises that are safe and powerful tools for growth and healing.

### **Steve Friesen**

Pastor of Counseling & Discipleship  
Class Facilitator

## Details

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The class meets for 12 weeks on Tuesdays from 7 - 9pm, March 10 through May 26 in the Activity Center.

Overall, we will spend about one third of our class time watching the DVD. The remaining two thirds of class will be spent doing the suggested exercises. Homework is optional.

Please plan on purchasing a workbook (\$22) – scholarships are available. A couple may share a workbook.

You are welcome to come to the first class or two and then decide if you want to continue.

**Alumni are encouraged to attend again!**

**Childcare is provided.**

## Ways to Register

- Complete the registration form at [www.gcc-online.org](http://www.gcc-online.org)
- Call the office at 316.283.2554

# What previous participants wrote about Restarting:

“What an eye-opener! The whole bit about joy & relationships has been a big ‘Wow!’ for me.”

“I have really enjoyed this class, even when I kind of wanted to stay home I was glad I came.”

“While there were parts I still have a hard time understanding, there were valuable lessons learned. I have seen a difference in my relationships.”

“It meant opening up closed doors that need to be opened. Has given me an opportunity to be happy - makes me hopeful. I am more in tune with what is going on.”

*Restarting, Forming and Belonging* are part of  
Life Model Works Connexus Training.  
For more information visit:  
[www.joystartshere.com](http://www.joystartshere.com)

**Connexus**  
for a thriving community.

# RESTARTING

**Hope and Healing for the Soul**

March 10 - May 26, 2020  
Tuesdays, 7-9pm  
Activity Center



Facilitated by  
Pastor Steve Friesen

 **Grace Community Church**  
1600 S Anderson Ave, Newton