## Class Schedule for 2023 "Hope and Healing in Christ" Workshop

Saturday, March 11, 2023

Time	Mental Wellness (2nd Half of Gym)	Addiction Recovery (1st Half of Gym)	Family Support (Relief Society)	Leadership Support (Chapel)
9:00 - 10:15 AM	General Session in the Chapel  Speaker: Kurt Francom, Founder & Executive Director of Leading Saints: "How Does Doctrine Help Us O  Special Music Performances: Nicole Ahlstrom, "Cleanse You"; Men's Choir, "Healer," directed by Lisa			
<b>50 min</b> 10:30 - 11:20 AM	Stories of Hope and Healing Darla, Evan L	Stories of Hope and Healing Andrea, Mark, and Kyle L	Stories of Hope and Healing Russ & Pam (parents) and Amy (spouse) L	Amy Curtis, Director of Boise Family Services Couples' Experience of Helpful Resources w/ Bishop Seth & Nicole and Bishop Meyers
<b>50 min</b> 11:30 - 12:20 PM	Cultivating Stillness When Life is Loud Ty Mansfield, LMFT, PhD L	Building Motivation and Resisting Urges - Wanting to Want It Clay Olsen, CEO of Fight the New Drug R	10 Conversations to Have with a Loved One with Mental Health Challenges Rachel Jessen, LCSW	Kurt Francom, Founder & Executive Director of Leading Saints Q&A L
12:30 PM - 1:30 PM - Lunch				
<b>50 min</b> 1:30 - 2:20PM	The Hopeful Paradigm Shift We So Desperately Need Clay Olsen, CEO of Fight the New Drug R	Stories of Hope and Healing Kim, Ken, and Will L	<b>Betrayal Trauma</b> Kathy Barnum MA, LCPC R	
<b>50 min</b> 2:30 - 3:20 PM	How I Navigated My Daughter's Suicide Attempt Nicole Love	Couple Recovery Story Zach & Lisa L	"Wherefore, be faithful;succor the weak, lift up the hands which hang down, and strengthen the feeble knees" (D&C 81:5) Amy Curtis, Director of Boise Family Services L	
	Special Music Performance: Shane Carlson, "Sometime We'll Understand"			
<b>50 min</b> 3:30p - 4:20 PM	"Seeing As We Are Seen, and Knowing As We Are Known": How Healing in Christ Deepens Our Relationships  Ty Mansfield, LMFT, PhD  (Chapel)			
4:30 PM	Closing (Chapel) and Open House-Style Q & A Session (Gym)			