

# Class Schedule for 2024 "Hope and Healing in Christ" Workshop

Saturday, March 2, 2024

Time	Relief Society Room	1st Half of Gym	2nd Half of Gym	Leadership Support* (Chapel)
9:00 - 10:15 AM	<b>Opening Session in the Chapel</b> <i>Speakers:</i> Evan and Melissa Hathaway "Finding Hope and Healing through Christ in the Divine Mess of Mortality" <i>Special Music Performances:</i> Will Smith, "In Christ Alone" accompanied by Amber Smith; Choir, "The Miracle" accompanied by Justin May			
50 min 10:30 - 11:20 AM	<b>Stories of Hope and Healing</b> (Addiction) Erin; Mike	<b>Managing Anxiety - Tools and Strategies</b> Angelee Davis, PPS (K-12)	<b>Stories of Hope and Healing through Emotional Resilience</b> (Mental Wellness) Kari; Dave	<b>Family Services: The Church's Mental Health Resource for Leaders and Members</b> Amy Curtis, Director of Boise Family Services --- <b>Available Support Resources</b> DeAnn Thomas --- <b>Christlike Leadership</b> Jeff Wood & Ben and Mindy Bodmer Q&A --- <b>Closing Remarks:</b> President Gines
50 min 11:30 - 12:20 PM	<b>Stories of Hope and Healing</b> (Family Support) Michelle; Chad and Kimberly	<b>The Different Faces of Addiction</b> Matthew Butler, LMFT, Family Services	<b>Medications, Faith, and Healing: Navigating Trauma for Hope and Recovery</b> Jeff Johnson, Pharm-D, PA-C	
<b>12:30 PM - 1:30 PM - Lunch</b>				
50 min 1:30 - 2:20 PM	<b>Stories of Hope and Healing</b> (Family Support) Steve; Amber	<b>Suicide Awareness and Prevention</b> Garrett Newhard, Bachelors in Science	<b>"Healing What's Hidden" Conquering Trauma Through Christ</b> Lynn and Jeff Woodard	*Anyone can attend the leadership session
50 min 2:30 - 3:20 PM	<b>Stories of Hope and Healing</b> (Addiction) Seth; Shane	<b>The Art of Validation: A Therapist's Secret to Disarming a Defensive Heart</b> Cristi Dame, LPC, NCC	<b>Stories of Hope and Healing</b> (Mental Wellness) Ben; Mary	
60 min 3:30p - 4:30p	<b>Closing Session in the Chapel</b> <i>Special Music Performance:</i> Diane Koller, "Lay it Down" <i>Moving Forward in Your Healing Journey:</i> Seth and Nicole Ahlstrom <i>Q&amp;A:</i> Moderated by Shane Carlson <b>Closing Remarks:</b> President Ririe			

L = Live and In-Person    R = Recorded, Live, & In-Person    All other sessions are **In-Person Only**