

Class Schedule "Hope and Healing in Christ" Workshop

Saturday, April 18, 2026

Time	Relief Society Room	Primary Room	2nd Half of Gym	Chapel
9:00 - 9:35 AM	Opening Speaker: Jason Coombs "But Will He Heal Me?" (Livestream, Recorded & In-Person) Musical Performance: "The Truth" by Megan Woods, compiled by Beth Caufield; Women's Choir conducted by Dawn Johnson, accompanied by Alysse Bailey (piano), Amy Hicks (cello), and McKenzie Glanzer (violin)			
9:45 - 10:30 AM	How to Mourn Like a Disciple of Christ <i>Juel Higuera, LCSW</i> <i>Livestream, Recorded & In-Person</i>	Raising Children the Lord's Way Amidst the Challenges of Today's World <i>Leena Weaver, NCSP</i> <i>Livestream, Recorded & In-Person</i>	All Emotions are SUPER Powers, and How to Use Them (even for men) <i>Ryan Carnahan, Life Coach</i> <i>Livestream, Recorded & In-Person</i>	Leadership Session <i>Tools and Resources for Leaders</i> Family Services Resources - Matt Heindal What is Sponsorship? - Seth & Mike Belonging & Counseling with members <i>Diana Neff</i> Council for Leaders - Pres. Ririe
10:40 - 11:05 AM	Story of Hope and Healing <i>(Grief)</i> <i>Brin</i> <i>In-Person only</i>	Story of Hope and Healing <i>(Addiction & Sponsorship)</i> <i>Seth & Mike</i> <i>Livestream & In-Person</i>	Story of Hope and Healing <i>(Mental Wellness)</i> <i>David</i> <i>Livestream & In-Person</i>	
11:15 AM - 12:00 PM	Healing Invasive Thoughts Through the Atonement of Christ <i>Joe Arzola, LCSW</i> <i>Livestream, Recorded & In-Person</i>	Sacred Limits: Embracing Boundaries as Love <i>Cristi Dame, LPC, NCC</i> <i>Livestream, Recorded & In-Person</i>	Soul Mates are not Found— They are Forged in Fire <i>Evan and Missy Hathaway</i> <i>Livestream, Recorded & In-Person</i>	
12:10 - 12:35 PM	Story of Hope and Healing <i>(Grief)</i> <i>Trevor</i> <i>In-person only</i>	Story of Hope and Healing <i>(Belonging)</i> <i>Diana Neff</i> <i>Livestream & In-Person</i>	Story of Hope and Healing <i>(Family Support)</i> <i>Cari</i> <i>Livestream & In-Person</i>	
12:40 - 1:00 PM	Closing Speaker: President Rob Ririe, Star Stake President Musical Performance: "Softly and Tenderly Jesus is Calling" by Will Thompson; Men's Quartet with Will Smith, Seth Ahlstrom, Shane Carlson, & Brit Glad, accompanied by Justin May			
1:00 PM	Light Lunch, Q&A, Connection time			

For livestream and recorded content go to: <https://hopeandhealinginchrist.org/workshop/>