



1 Peter 5:7

CASTING ALL YOUR
ANXIETIES ON HIM,
BECAUSE HE CARES
FOR YOU

THEREFORE DO NOT
WORRY ABOUT
TOMORROW, FOR
TOMORROW WILL
WORRY ABOUT
ITSELF. EACH DAY
HAS ENOUGH
TROUBLE OF ITS OWN

Matthew 6:34

Psalms 55:22

CAST YOUR BURDEN
ON THE LORD, AND
HE WILL SUSTAIN YOU

GROWING IN HIM COUNSELING

**Trust in the Lord with
all your heart and
lean not on your own
understanding; in all
your ways submit to
him, and He will make
your paths straight.
Prov. 3:5-6**

Giving Your Worries to God

God is desperate for an intimate relationship with you. He wants to know everything about you, including your thoughts and feelings, worries and fears. By giving these over to the Lord, you are trusting that He cares for you and will not forsake you. His love for you is greater than anything you can experience elsewhere.

This can be especially difficult for those of us who love control. Giving control over to God can be hard; however, it is also the most rewarding thing you can ever do. The Lord will bless you in ways you cannot even imagine when you trust him with your whole being.

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” Philippians 4:6-7

Back-to-School Anxiety and What to Watch for by Amanda Thompson

Hello! For those of you who have not met me yet, my name is Amanda Thompson. Not only do I work here at Growing in Him, but I am also a school counselor at Elizabeth High School! Most children experience some level of anxiety about going back to class. This year, after the pandemic, those feelings may be heightened due to the uncertainty and chaos from the last year. Students may be feeling extra anxious about returning to school as they must navigate new schedules, classmates, fitting in and in some cases a new school. Anxiety can cause us to lose focus in class and in turn fall behind which creates a cycle of trying to get caught up but never being able to. This cycle can be frustrating for both parents and kids. Anxiety can quickly spiral and can feel overwhelming and out of control. Helping your student through this difficult time can be very rewarding for both you and your child. By helping them learn and modeling good coping skills, you are giving them tools that they can use over a lifetime. Some students benefit from having small fidget objects they can use during the school day. When our hands are busy, our minds tend to focus better. One of the biggest resources for the student is the parent. Support and encouragement will help them boost their confidences and feel more secure in their work. Have a great start to the year and God Bless!

Fall Groups *

*attendance in all 6 meetings is required to maintain group dynamics

6-week sessions

\$450 for full 6-week session if paid in full in advance,
or \$100 per week if paid weekly

Session 1 (Aug. 25th - Oct. 2nd)

Social Skills Group (Saturday's 11am-12 noon, Aug 28- Oct 2)

Middle Schoolers (6-8th grade) As our students' head into school this fall, they may struggle with various things. This course covers topics including organization, motivation, mental health, social skills and much more! It is designed for kids who need help getting back into a routine and gain more tools for making friends and having a successful school year.

General Mental Health (Saturday's 12-1pm, Aug 28 - Oct 2)

High Schoolers (9-12th graders) High school for our teens has become increasingly more difficult. Anxiety and depression are on the rise among this age group. This course is designed to give teens an outlet to discuss what life in High School is really like and learn tools to work through issues successfully and in a healthy way.

Parenting the Early Years (Wed 6 - 7pm, Aug 25 - Sept 29)

Parents of younger children (school-age and below) This group is designed to offer parents a safe place to discuss the struggles of parenting. It will be lead with a God-centered approach and discuss practical techniques to every day challenges.

Session 2 (Oct. 13th - Nov. 20th)

Navigating the Holidays (Sat. 11am-12 noon, Oct 16-Nov 20)

Middle Schoolers (6-8th grade): Holiday's can be just as stressful for our kids as it is for us. This class will give students an opportunity to talk about stress and anxiety and offer tools to manage it.

General Mental Health (Sat. 12-1pm, Oct 16 - Nov 20)

High Schoolers (9-12th graders): This is a continuation of the 1st session group. Students may continue on and it is open for newcomers as well.

Self Care for Adults (Wed 6 - 7pm, Oct 13 - Nov 17)

Adults 18 years and older: Self care is more important now than it has been in the past. With increasing pressures from multiple places, it is more difficult to maintain a level of peace. This group will offer several self-care techniques that can be utilized in a multitude of ways. Highly recommended for anyone currently struggling in life.

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THE HOPE FOUND IN
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