



## 2024 Training Schedule

**Classes Begin January 2024**

Wednesdays, 6-8:30pm @ VC Family

Cost: \$50

**Caring 101** is an 11 week class focused on relational skill building. Caring 101 is open to anyone who wants to grow in their ability to care well for the people around them. It is also a prerequisite for Caring 102 and joining our Care Coach team.

CARING 101	
1.10.24	The Person of the Caregiver
1.17.24	Feelings: Yours, Mine, and Ours
1.24.24	The Art of Listening
1.31.24	Distinctively Christian Caring
2.07.24	A Process Approach to Caring
2.14.24	Assertiveness: Relating Gently and Firmly
2.28.24	Conversation Skills
3.06.24	Boundaries In Caregiving

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3.13.24	A Theology Of Suffering
3.20.24	Caring Through Grief & Medical Crisis
3.27.24	You First: leading from the inside out

**Caring 102** is continuing education for those who have completed Caring 101 and want to join our team of Care Coaches. This 4 week class will provide additional training for formal caring relationships including confidentiality, crisis care, and prep for joining an ongoing peer supervision group.

<b>CARING 102</b>	
4.17.24	Confidentiality
4.24.24	Supervision: A Key to Quality Christian Care
5.1.24	Crisis Care
5.8.24	Go—God Is with You!

Additional requirements for Care Coach team members include:

- application & interview
- background check
- church membership

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