

Thriving / Restarting

A 12 week class

At Pasadena Church of the Nazarene
3700 East Sierra Madre Boulevard

Starting September 16, 2009

7:00 pm- 8:30 pm



Thriving Recover Your Life

This class is designed to teach you how to:

- Understand joy scripturally & neurologically
- Develop joy strength and capacity to resolve trauma
- Return to joy from negative emotions
- Help others regulate their feelings
- Understand different types of attachment
- Recognize cravings created by attachment pain
- Develop secure attachment with God and others