

BUILDING BRIDGES OF HOPE

A faith based approach to a better understanding of mental illness that is built upon four (4) key cornerstones.

I. THE BRIDGES OF HOPE BASIC COURSE

An eight session classroom based curriculum program that is designed to provide information, tools and resources that can aid both the families and the individuals diagnosed with a mental illness.

The eight sessions cover topics that include:

- Common Myths about Mental Illness
- The Stigma of Mental Illness
- Struggles of Mental Illness
- Finding New Strength

- Managing Associated Problems
- Hopes and fears of Mental Illness
- Suicide Prevention
- Discovering Grace

II. THE BRIDGES OF HOPE SUPPORT GROUP MEETINGS

These meetings are designed to provide support and idea sharing that can encourage and provide hope to those having to live with mental illness.

III. DEVELOPMENT OF A CHURCH WIDE AWARENESS CONCERNING THE ISSUES OF MENTAL ILLNESS

Facing mental illness is all too often a lonely struggle. By offering loving mercy and including those struggling with mental illness in our prayers and in the life of our congregations, we will give hope to those who often feel hopeless.

IV. CULTIVATING A SPIRIT OF INCLUSIVENESS IN THE LIFE OF THE CHURCH.

- The Church should be leading the way in a careful handling of mental illness.
- Hope for the sufferer IS NOT FOUND in solving their suffering.
- Hope for the sufferer IS FOUND in learning to entrust themselves to God in the midst of their suffering, believing that somehow He will work all things for their good!

*People with their minds set on you,
you keep completely whole,
Steady on their feet, because they
keep at it and don't quit.
Depend on GOD and keep at it
because in the LORD GOD you have a
sure thing.*

Isaiah 26:3-4 The Message

A FAITH BASED APPROACH

- We are committed to the belief that the best cannot be achieved without Spiritual Health.
- Spiritual Health is available to anyone that will listen to and apply the Word of God to their life.
- We include applicable Scripture and prayer in each of our workshops and group sessions.

But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

Isaiah 40:31 NLT

*Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand.*

Isaiah 41:10 NLT

For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope

Jeremiah 29:11 NLT

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid

John 14:27 NLT

For Information about joining a Bridges of Hope Class or attending a Bridges of Hope Support Group, contact us by phone or email.

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