



CARE NIGHT

THURSDAY

JOIN US THURSDAY NIGHTS! Dinner begins at 5:30pm in the Foundry. Attend classes or support groups at 6:30pm. Conclude the evening with worship, prayer and communion at 7:30pm. Childcare is provided in Building B from 6:15-8:30pm. To reserve childcare or for details on classes, groups and upcoming events, visit cor.org/carenight.

A NEW PLAYLIST: Hearing Jesus in a Noisy World

Thursdays 1/10 – 2/14, 6:30pm B252a

Playlists offer us more than music. The playlists of our culture make us distracted, anxious, and overloaded. They tell us: You have to do everything. You have to be all places. You have to make everybody happy. Jesus has a new playlist for us. He has a song that goes straight to the heart. It can't be downloaded on iTunes. It tells you the truth. It's about doing less and being more. This featured class, based on Jacob Armstrong's book, will remind us a new year is a new opportunity to listen up.

COMMUNITY AND WELLNESS

CLASS NAME	DATES	TIME	ROOM
Holy Yoga	Thursdays 1/17 – 2/7	6:30pm	B206
Mindfulness	3rd Thursdays	6:30pm	B203
Parents, Family & Friends of LGBT	2nd & 4th Thursdays	6:30pm	B201
Pet Ministry	Thursday 1/24	6:30pm	B253
Tai Chi	Thursdays	4:30pm	C020
Singles Ministry (ST@RZ)	Thursdays	6:30pm	B152
True Colors: An LGBT & Allies Community Group	2nd & 4th Thursdays	6:30pm	B203

MENTAL HEALTH

CLASS NAME	DATES	TIME	ROOM
Depression Bipolar Support Alliance (DBSA)	Thursdays	7pm	B210
Live Well: Depression and Anxiety Support*	Thursday 1/10 – 2/28	6:30pm	B225
National Alliance on Mental Illness: Family to Family*	Thursday 2/21 – 5/2	6:30pm	B158

*Advance registration required. Care Night will not meet on January 3.

RESOURCES FOR RECOVERY

CLASS NAME	DATES	TIME	ROOM
Experts in Recovery Panel	Thurs. 1/24	6:30pm	Wesley Chapel
12-Step Faith-Based Addiction Recovery for Women	Thursdays	6:30pm	B255
Alcoholics Anonymous	Thursdays	5:30 & 7pm	C043
Co-dependents Anonymous (CoDA)	Thursdays	6:30pm	B260
Family Hope: Support for those with Family & Friends in Addiction	Thursdays	6:30pm	B257
Focus on Hope & Forgiveness	Thursdays	6:30pm	B256
Life Recovery: 12-step Faith-Based Group for Men & Women	Thursdays	6:30pm	B251
Life Recovery for Men: Sex & Pornography	Thursdays	6:30pm	B254
Life Recovery: 12-Step Workbook Study	Thursdays	6:30pm	B261
SMART Recovery	Thursdays	6:30pm	B259
SMART Recovery for Family & Friends	Thursdays	6:30pm	B258

SUPPORT

CLASS NAME	DATES	TIME	ROOM
Cancer Support for Men	1st Thursdays (2nd Thurs. in Jan.)	5:30pm	B153
Cancer Support for Women	4th Thursdays	5:30pm	B153
Divorce Recovery for Men	Thursdays	6:30pm	B227
Divorce Recovery for Women	Thursdays	6:30pm	B215
Foster Parenting Fellowship Group	3rd Thursdays	6:30pm	B146
Grief Support	Thursdays	6:30pm	B200
Jobseekers Prayer and Support	Thursdays	6:30pm	B213
Lyme Association of Kansas City	4th Thursdays	6:30pm	B146
Mid-life Divorce Recovery for Women*	Thursday 1/24 – 3/28	6:30pm	B214
Suicide Grief Support	1st & 3rd Thursdays	6:30pm	B233

PRAYER

CLASS NAME	DATES	TIME	ROOM
Praying Out Loud	Thursday 2/21	6:30pm	Firestone Chapel
Surrender in Prayer: Who is in Your Driver's Seat	Thursday 1/31	6:30pm	Firestone Chapel

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For more info and registration, visit cor.org/carenight.