

**Do not conform
to the pattern
of this world,**

**but be transformed
by the renewing
of your mind.**

—Romans 12:2 (NIV)



Anxious? Depressed? Addicted? Find hope & healing.

Life challenges, pain, and conflict are normal. Abuse, addiction, and dysfunction are not. Learning the differences can SAVE LIVES.

Destructive behaviors destroy our self esteem, our families, and impact every aspect of our lives — but there is a way out. God encourages us in John 16:33, “I have told you these things so that **in me you may have peace**. In this world you will have trouble, but take heart! I have **overcome the world**.”

When people are loved, trained, and shepherded as God intended, we all have the capability to handle the life challenges each of us will face. As I Peter 2:21 reminds us, “For God called you to do good, even if it means suffering, just as Christ suffered for you.” He is our example and you can follow in His steps. Together, let’s be about maturing and growing as God and His son encourage all people to do!

Romans 5:3–4 says, “We know that suffering produces perseverance; perseverance, character; and character, hope.”

Learn more about upcoming classes near you! (510) 386-7299

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