

## TRINITY OUTREACH OF TAMPA BAY - PROGRAMS & GROUPS

### PARENTING

- Approaches to raising children
- Understand sources of behavior
- Teach responsibility
- Resolve conflict
- Discipline that teaches (Court Ordered Available)

### ANGER MANAGEMENT

- Defuse anger by managing stress
- Reduce stress in the family
- Manage conflict
- Anger and assertiveness
- Change your life by changing your thinking (Court Ordered Available)

### BATTERER'S INTERVENTION (For Women)

- Identify power and control behaviors
- Understand the effects of negative mindsets
- Abuse and its affects
- Learn positive alternatives to dysfunctional habits (Court Ordered Available)

### HEALTHY BOUNDARIES

- Importance of boundaries
- Create our own personal boundaries
- Respect other people's boundaries
- Boundary conflicts
- The negative effects of co-dependency

### RECOVERY GROUPS

- Recognize the transfer of addictive behaviors
- 12 step principles
- Ways to combat cravings
- Understand the root of addiction
- Identify hidden addictions (sex, food, money etc.)

### EMOTIONAL HEALING

- Discover how past hurts can affect tomorrow
- Overcome barriers for healing and happiness
- Deal with depression
- Forgive and let go
- Conquer low self-esteem

### FAITH EMPOWERMENT

- Uncover your true spiritual condition
- Respect others and authority
- The power of our words
- Offense and un-forgiveness
- Break generational curses

### CAREER COACHING

- Build resumes and interview skills
- Deal with criminal records on application forms
- Good character opens doors
- Employment vs. self-employment

### EFFECTIVE COMMUNICATION

- What is effective communication?
- Power of body language
- Barriers to communication
- Sharpen listening skills
- How emotions effect communication

### HEALTHY WORKSHOPS

- Make healthy food taste lip smacking delicious
- Create healthy nutritious snacks in 5 minutes
- Cook delicious meals for a family of (4) for \$10
- Use natural ingredients for body lotions and household cleaners

### SUPPORT GROUPS

- Avoid or break cycles of dysfunction
- Signs of an enabler
- How to deal with unacceptable behavior
- Help youth to overcome hurts, hang-ups and habits
- Encourage wise choices

### LIFE AFTER TRAUMA

- What is trauma?
- Common reactions
- Ways of coping with trauma
- Feel safe, be safe
- What does it mean to trust?
- Heal for the long term

### LIFE SKILL CLASSES

- Work with a budget
- Be a good steward with money
- Manage a home
- Time management
- Creative hobbies

### LEADERSHIP TRAINING

- Leadership and character
- Control vs. Influence
- Problem solving and relationships
- Passion and positive attitude
- Self-discipline and servanthood

### BUILDING FUTURES

- Importance of setting goals
- How to create your ideal future
- Find your passion
- Overcome disappointment and setbacks

**For More Info: [www.trinityoutreachtampabay.org](http://www.trinityoutreachtampabay.org) / 877 333 1845**