



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFE UNIVERSITY SCHEDULE

## Winter 2019

All Life University offerings require registration. To register, visit <https://www.ymcapk.org/lifeuniversity> or stop by the Welcome Center at your local branch.

	Bremerton Family YMCA	Gordon Family YMCA	Haselwood Family YMCA	Lakewood Family YMCA	Mel Korum Family YMCA	Morgan Family YMCA	Tom Taylor Family YMCA
Making Change Stick Workshop	January 10, 5:30-7pm January 15, 6:30-8pm January 26, 9:30-11am February 5, 5:30-7pm February 19, 6:30-8pm	January 13, 12-1:30pm February 17, 12-1:30pm March 24, 12-1:30pm April 28, 12-1:30pm May 8, 12-1:30pm	January 10, 5-6:30pm January 24, 12:30-2pm February 11, 12:30-2pm February 28, 5-6:30pm March 11, 12:30-2pm	January 29, 5:30-7pm February 8, 10-11:30am February 19, 5:30-7pm March 3, 12-1:30pm March 15, 10-11:30am	January 14, 10:30-11:45am January 28, 10:30-11:45am February 13, 10:30-11:45am March 13, 10:30-11:45am April 10, 10:30-11:45am	January 14, 10:30am-12pm January 31, 1:30-3pm February 11, 3:30-5pm February 25, 1-2:30pm March 14, 1:30-3pm	January 1, 4:30-6:30pm January 15, 4:30-6:30pm January 29, 4:30-6:30pm February 12, 4:30-6:30pm February 26, 4:30-6:30pm
Floating Beyond Fear							
Journey to Freedom		Sundays, Feb 10-Mar 31 12-1:30pm	Wednesdays, Jan 23-Mar 20 10:30am-12pm		Tuesdays, Feb 7-Mar 28 11am-12:30pm	Wednesdays, Jan 23-Mar 13 10:30am-12pm	Mondays, Feb 4-Mar 25 4:30-6pm
Journey to a New Beginning After Loss		Thursdays, Jan 21-Mar 14 10-11:30am	Fridays, Feb 15-Apr 5 12:30-2pm	Sundays, Feb 3-Mar 31 4-5:30pm		Mondays, Jan 21-Mar 11 5:30-7pm	Thursdays, Feb 7-Mar 28 10:30am-12pm
Journey to Healthy Living			Mon/Wed, Feb 11-Apr 1 5:30-7:30pm		Wednesdays, Feb 20-Apr 10 5:30-7pm		
Journey to Living with Courage			Thursdays, Feb 21-Apr 11 6-7:30pm	Sundays, Feb 3-Mar 31 2-3:30pm			
Financial Peace University			Tuesdays, Jan 29-Mar 26 6:30-8:30pm	Thursdays, Jan 31-Mar 28 6-8pm	Thursdays, Feb 21-Apr 18 6:30-8:30pm		Wednesdays, Jan 16-Mar 13 6-8pm
Workshops		Vision Boards January 28, 6-8pm  Stress Class January 20, 12-1:30pm  Stress Class January 27, 12-1:30pm					Mindful Mortality, Feb 21-April 11 6-7:30pm
Bible Study					Tuesdays, Feb 26-Apr 2 11am-12:30pm		

# COURSE DESCRIPTIONS

All Life University offerings require registration. To register, visit <https://www.ymcapkc.org/lifeuniversity> or stop by the Welcome Center at your local branch.

## Making Change Stick Workshop:

Designed to offer tools to support life change in spirit, mind and body, this workshop helps you learn the research-based process of holistic change and the ingredients to achieve sustainable change.

Cost: Free

## Floating Beyond Fear:

Combines group discussion and pool time in a supportive environment designed to address fear of water. Learn how your body naturally interacts with water, tools for remaining calm, and floating skills.

Cost: Free to YMCA members, community members \$60

## Journey to Freedom:

Developed for facing life's challenges, this eight-week small group serves as a place of hope, healing, and restoration.

Cost: YMCA members \$30, community members \$45

## Journey to a Life of Significance:

In this eight-week small group, we discover purpose and develop a more positive self-image as we work towards overcoming negative thought patterns through emotional healing, affirmation and encouragement.

Cost: YMCA members \$30, community members \$45

## Journey to Healthy Living:

This eight-week small group meets twice a week, includes discussion and physical activity to help you achieve peace with your body and lifestyle.

Cost: YMCA members \$50, community members \$65

## Journey to a New Beginning After Loss:

In a supportive and healing environment, this eight-week small group offers a caring place to work through the grief of any major life change.

Cost: YMCA members \$30, community members \$45

## Journey to Living with Courage:

In this eight-week small group, we will acknowledge and face fears to overcome anxiety and build a life of faith, surrender, passion, and courage.

Cost: YMCA members \$30, community members \$45

## Financial Peace University:

Financial Peace University provides resources to help you manage personal finances, get control of spending, and set financial goals, all with the support of trained facilitators.

Cost: \$100 / household. Financial Assistance is available (50% off for those who qualify)

## Parenting Classes:

Receive support and encouragement while learning how to raise responsible children, have more fun in your parenting role, and build a stronger relationship with your family.

## Relationship Enrichment:

Couples (married or not married) gain tools to improve communication, move beyond conflict, understand differences, and experience positive and lasting changes in their relationship.

## Workshops:

Life University workshops cover a variety of topics, from learning how to cope with stress, to more artistic endeavors like creating vision boards so you can visualize your dream. Costs vary workshop to workshop.

Visit [ymcapkc.org/lifeuniversity](https://www.ymcapkc.org/lifeuniversity) for more information about these courses and our drop-in Bible studies, book discussions, and other available offerings. Child care is available for most Life University offerings.