

Emotional Resilience: Inspiring Hope

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Licensed Clinical Social Worker



**This course consists of
4 separate workshops.**

Come and be a part of one or all of them:

1. Skills to reduce Stress and Anxiety
2. Understanding Depression and Preventing Suicide
3. Reducing Perfectionism and Inaccurate Thinking
4. Preserving Agency by Avoiding Addictive Behaviors

These workshops are designed to help you develop more self-awareness, tune into your own feelings, work through internal conflicts, and your perception of the world. We will focus on developing more persistence while reducing stress, cultivating emotional control, flexible thinking, and improving interpersonal relationships.

Dating that Works

Cord Pack

Bachelors Degree in Child and Family Studies with a Minor in Psychology

Masters Degree in Curriculum Design and Education



This course consists of multiple workshops that will run throughout the semester.

In addition to hearing from Brother Pack, we will also host several guest speakers.

This workshop centers on revealed truth related to dating and marriage from scripture, latter-day prophets, and other inspired Church leaders.

Wrestling with Tough Questions

Mark Nelson

Bachelor of Arts in German Literature
Master of Arts in Education Counseling
PhD in History Education



The purpose of this class is to:

1. Help strengthen our witness in the validity and reality of the Restoration of Christ's Church, His authority and His doctrine.
2. To provide inoculation, understanding, and language to deal with attacks on the doctrine and history of Christ's church and teachings.
3. To help those dealing with faith crises.

Some topics that will be addressed are:

1. Variations in the First Vision Account
2. Women and the Priesthood
3. Same Sex Attraction and Gay Marriage
4. Free Masonry and the Temple
5. How has the Church Changed and Why