

Fall Ventures Series Features Deep Dive into Stress, Trauma, and Resilience

This fall, learn from one of the nation's leading voices in Trauma Informed Care. Tim Grove joins the Ventures in Christian Discipleship program at McPherson College to present a special 2026-2027 season-opening series: “Creating a Better World: A deep dive into stress, trauma and resilience as a pathway to healthier people, families and communities.”

This series is open to everyone—whether you are a church leader, a caregiver, or simply interested in cultivating greater resiliency. Over six online sessions, participants will gain key insights into stress and resilience to foster health within themselves and their communities. Find full series and session details at the Ventures website: www.mcpherson.edu/ventures.

Series Description

We will explore five key concepts related to stress, trauma and resilience in the first five sessions and then spend a sixth “bonus” session talking about how these concepts influence the navigation of a complex, media dominant and politically charged world. Each virtual session will be two hours long, and recordings will be available after each session ends.

Special Note: The content for this series will be anchored in Dr. Bruce Perry and Oprah Winfrey’s book “*What Happened To You*” and Dr. Perry’s website (Disaster Support | NMnetwork). Participants are encouraged to explore these resources before, during and after this series.

Session Schedule

All sessions are held online on Tuesdays from 6:30–8:30 p.m. Central Time.

- **Session 1 (Sept 29):** Stress, Trauma and Resilience: What's in a Name?!
- **Session 2 (Oct 6):** When Stress Creates Difficulty
- **Session 3 (Oct 20):** Superpower #1: Connection
- **Session 4 (Oct 27):** Superpower #2: Regulation
- **Session 5 (Nov 10):** Taking Care of the Carer
- **Bonus Session (Nov 17):** Collective and Continuous Stress

About the Presenter

Tim Grove retired in 2025 after a 30-year career in social services, including 26 years at Wellpoint Care Network. Tim began his career serving youth and families in the foster care system, and his work broadened over time to include work with adults, community programs, child welfare, program administration, quality improvement and training.

A graduate of University of Wisconsin-Madison, Tim is a national leader in Trauma Informed Care (TIC) and the creator of Wellpoint's 7 Essential Ingredients (7ei) curriculum. His expertise as a Mentor in Dr. Bruce Perry's Neurosequential Model and an ACE Interface Master Trainer has reached diverse fields from healthcare to justice. Tim's work has been featured on 60 Minutes with Oprah Winfrey and published in the Journal of Child Custody. *Read Tim's full bio at www.mcpherson.edu/ventures.*

Registration and Credit

To learn more about Ventures in Christian Discipleship and to register for courses, visit www.mcpherson.edu/ventures.

- **CEU Credit:** Continuing education credit is available for \$10 per course.
- **Donations:** During registration, you will have the opportunity to pay for CEUs and provide an optional donation to the Ventures program.

Looking Ahead: Spring 2027 Lineup

Mark your calendar for these upcoming courses and presenters:

- **January 19 & 26:** "Speed Dating the Bible" with Debbie Eisenbise
- **February 23 & March 2:** "Leading Through the Storm: Leadership Wisdom for a World That Got Different" with Stan Dueck
- **April 10:** "Holy Play: Entering Divine Conversation with Nature and Expressive Arts" with Shana Leck