

October

The Valor Crisis and Training Center
 324 E. Antietam St. Ste. 104
 Hagerstown, MD 21740
 240-329-9387

"Empowering People to Transform Their Lives"

Valor Ministries offers free life development classes open to the public ages 16 and above.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Office Closed	
3	4	5	6	7	8	9
From Crisis to THRIVING 10-11:30AM Money Management 11:45AM-12:45PM Get That Job 1:00-2:00 PM	Boundaries 1 10-11:00AM Boundaries 2 11:15AM-12:15PM Who Switched Off My Brain 12:30-1:30PM		Money Management 10-11:00AM From Crisis to THRIVING 11:15AM-12:45PM	Boundaries with Kids 11:00AM-12:00PM		
10	11	12	13	14	15	16
From Crisis to THRIVING 10-11:30AM Money Management 11:45AM-12:45PM Get That Job 1:00-2:00 PM	Boundaries 1 10-11:00AM Boundaries 2 11:15AM-12:15PM Who Switched Off My Brain 12:30-1:30PM		Money Management 10-11:00AM From Crisis to THRIVING 11:15AM-12:45PM	Boundaries with Kids 11:00AM-12:00PM		
17	18	19	20	21	22	23
From Crisis to THRIVING 10-11:30AM Money Management 11:45AM-12:45PM Get That Job 1:00-2:00 PM	Boundaries 1 10-11:00AM Boundaries 2 11:15AM-12:15PM Who Switched Off My Brain 12:30-1:30PM		Money Management 10-11:00AM From Crisis to THRIVING 11:15AM-12:45PM	Boundaries with Kids 11:00AM-12:00PM		
24	25	26	27	28	29	30
From Crisis to THRIVING 10-11:30AM Money Management 11:45AM-12:45PM Get That Job 1:00-2:00 PM	Boundaries 1 10-11:00AM Boundaries 2 11:15AM-12:15PM Who Switched Off My Brain 12:30-1:30PM		Money Management 10-11:00AM From Crisis to THRIVING 11:15AM-12:45PM	Boundaries with Kids 11:00AM-12:00PM		

Class Descriptions

From Crisis to THRIVING: Alan Smith

God doesn't want us to live in crisis, He wants us to THRIVE! Participants in this class will learn what it means to be self-sufficient and confront the obstacles that stand in their way. In order to understand the process, they will begin analyzing their own "Self-Sufficiency Evaluation Matrix" to show them where they need help. From there, they will be introduced to additional services Valor offers to help them reach their goals. Group sessions provide participants with the tools they need to overcome anxiety, cope with crisis, boost confidence, build an understanding of positive behavior and choices, and much more. Working in a small group environment is one strategy for helping them become more successful and reach their fullest potential.

Money Management: Mac Caldwell

In this series, you will learn basic money management principles such as budgeting, bank account balancing, and how to spend your money according to God's plan. We will discuss ways to cut expenses, save money, find extra income, and prioritize spending. If you have more month at the end of your money, these classes are for you!

Get That Job: Mac Caldwell

When it comes to advice on how to get a job, most of it is pretty bad. There are several principles and ways of thinking when implemented will cause a person to stand out in the crowd. If you're looking for a job to help make ends meet or have a career goal this class will help you achieve your employment objective. Discover little known secrets, develop an action plan and get that job!

Boundaries (2-Part Series): Mac Caldwell

This 2-part class will help you know when to say yes, when and how to say no, and take control of your life. The class emphasizes the importance of setting healthy boundaries, identify toxic perhaps even dangerous relationships, and the need for healthy boundaries in order to have healthy relationships. It will help people already in healthy situations to improve their relationships, as well as provide badly needed guidance to those whose lives are out of control. Many will discover painful realities about their lives, the family they grew up in, present relationships, addictive behaviors, codependency, and will be challenged to accept personal responsibility and ownership in order to experience new freedom.

Who Switched Off My Brain: Alan Smith

Have you ever felt like someone switched off your brain? Do you lack inner peace? Are you often feeling stressed, anxious, or angry? Is your mind feeling foggy? Do you often forget things or lack motivation to complete tasks? Well then, someone very likely switched off your brain. That someone is...YOU!!

Boundaries with Kids (8-Part Series): Michelle Jardine

One of the most loving things you can do for your children is set firm boundaries with them. Boundaries with Kids will help you raise your kids to take responsibility for their own actions, attitudes and emotions. As you set and maintain wise boundaries with your children, you'll instill character in them that will help them lead balanced, productive, and fulfilling adult lives.

SCHEDULES CAN CHANGE DUE TO VARIOUS REASONS.

PLEASE CALL 240-329-9387 or online at

https://www.flipcause.com/secure/cause_pdetails/MTk5NTQ=

Please arrive / log on at least 10 minutes prior to start time.

On-line class registration requests must be received by 2:00 the previous day.

Those arriving more than 5 minutes late will not be permitted to attend class and must re-schedule

Updated: 7/7/21 (AS)