



**EVERGREEN**  
PRESBYTERIAN  
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# The Grove Classes 2026

We are committed to helping our neighbors and members live fuller, more abundant, more connected lives. All classes are free and do not require registration.

## **The Challenging Neighbor: Jesus, Discipleship, and People with Personality Disorders**

Around 1 in 11 American adults has a personality disorder—an enduring pattern of behavior that causes significant impairment in relationships, work, and functioning. But most of us struggle to label these patterns in others or ourselves—and struggle even more to accept, love, and support them.

What do these personality disorders look like? How do we respond faithfully to our neighbors who live with them? What is Jesus' reaction to challenging neighbors in the Bible? Join The Grove at Evergreen in exploring these questions and more—**Thursdays at 7 PM from April 23 through May 28** in the Gathering Room.

## **Listening Workshop**

Good conversations don't just happen—they're built through intentional listening. Join us at Evergreen for a class that helps you listen with openness, avoid shutdowns, and create truly two-way, healthier relationships. Learn how deeper listening leads to deeper connection. **Tuesday, April 28, 10:00-11:30 AM**

## **Skills for Disagreeing Better — May 12, 2026, 7:00–8:30 PM**

This Braver Angels workshop offers practical tools for communicating across political differences with greater clarity, respect, and emotional steadiness. Participants will explore the values and concerns held by people with differing perspectives and learn skills for listening in ways that help others feel heard, as well as sharing their own views without escalating tension. The focus isn't on changing minds but on strengthening our capacity for healthier, more meaningful conversations. Register here or via QR code:

<https://www.eventbrite.com/e/1984237277110?discount=BRAVER&aff=oddtcreator>



## **Depolarizing Ourselves: An Interactive Workshop — Tuesday, June 2, 2026, 7:00–8:30 PM**

This Braver Angels workshop offers a thoughtful first step toward healthier civic engagement by helping participants recognize and reduce the effects of harmful polarization in their own thinking and conversations. Rather than debating issues, the session focuses on how we regard people on “the other side of the aisle,” inviting us to move beyond seeing enemies and see one another with greater respect, openness, and emotional calm. Through guided reflection and practical tools, participants learn how to engage in political conversations with curiosity and humanity, even amid deep disagreement. Register here or via QR code:

<https://www.eventbrite.com/e/1984237324251?discount=BRAVER&aff=oddtcreator>

