



CARE COACHING

2025 Training Schedule

Classes Begin April 26, 2025

Saturdays, 9-4:00pm @ VC Family

Cost: \$50

Care Coaching is a 3 week class focused on relational skill building. It is a prerequisite for joining our Care Coach team. This class will provide training for formal caring relationships including confidentiality, crisis care, and prep for joining an ongoing peer supervision group.

April 26~Day 1	
4.26.25	The Person of the Caregiver
	Feelings: Yours, Mine, and Ours
	Distinctively Christian Caring
	The Art of Listening
	Assertiveness: Relating Gently and Firmly
	A Process Approach to Caring

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May 3~Day 2	
5.3.25	Maintaining Boundaries in Caregiving
	Using Mental Health Professionals and Other Community Resources
	Ministering to Those Experiencing Grief
	Crisis Theory and Practice
	Caring for Those with Depression: The Stephen Minister's Role

May 10~Day 3	
5.3.25	Confidentiality
	How to Make a First Caring Visit
	Caring Between Visits: Caregiving and Communications Technology
	Bringing the Caring Relationship to a Close
	Go—God Is with You!

Additional requirements for Care Coach team members include:

- application & interview
- background check
- church membership
- leadership & elder approval

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