

## 5) ADDITIONAL RESOURCES

### God's Hope in a Time of Crisis

From the website <https://lp.billygraham.org/gods-hope-for-ukraine/>

First, the person needs to sign up for the HOPE IS website. Next, select a course from the list.

All courses are well structured and each one has practical tips and tools that can be actually used. Some courses offer a gift at the end of the program to motivate the participants.

#### I. The first course "How to Survive Difficult Times?"

This course consists of seven topics helping to find answers to life's questions, gain confidence, strength, and hope. After each lesson, you have the opportunity to submit your prayer requests. Each lesson contains practical assignments.

Course outline:

1. How to overcome fear?
2. Be thankful
3. Keep your heart free from hatred
4. Do good
5. Look positively towards the future
6. Pray
7. Take responsibility

#### II. How to overcome fear?

Many people around the world live in constant fear because of war and its consequences. People are increasingly worried about their health, loved ones, jobs, finances, and wonder what life will be like from now on.

How do you cope with all this? Are you afraid of something? Perhaps you are experiencing severe anxiety yourself? Or maybe you know someone who is panicking and would like to help that person?

This course will help you overcome fear, anxiety, and worry. Here you will find tips on how to cope with these difficult emotions. Find your way to true peace.

These are the topics we will cover in the course:

1. About fear and anxiety (what is fear and anxiety, the main symptoms of anxiety and stress)
2. How to overcome fear?
3. The source of peace

#### III. How to get out of depression?

Learn about the lives of Joni Eareckson Tada and Shauna Amick - how they got into depression and, most importantly, how they overcame it. This course consists of video lessons. Both of our course's speakers shared with us in a very bold and clear way the role of the living God in their lives. It was thanks to Him that they were able to accept their difficult situations and with His help overcome their depression.

Make a decision to change and take specific steps towards victory. Learn that help is close by. Feel the changes you've been dreaming of!

## **IV. How to overcome pain?**

In the course "How to overcome pain?" Joni Eareckson Tada will share her life experience with you. You will get to know a person who has been living with pain for many years, but despite this, is filled with peace and looks into the future with trust. You will be able to look at your difficult situation from a different perspective. You will be able to put all your suffering in good hands.

**Remember: There is always hope, which goes further than suffering!**

## **V. Mentor training course**

Course goal: Become a mentor to help others to come to know Jesus through the platform HOPE IS! You will have the opportunity to connect with people who are looking for encouragement or need help finding answers to their questions through the platform. You will have the opportunity to benefit from the experience of those who are already involved in this ministry.

Sign up for a training course that will help you prepare. One of the mentors will work with you throughout the preparation process. These are experienced mentors who have been doing this for many years.

You must be at least 18 years old to become a mentor. During the registration process, we will ask you to provide the names of two people (first and last name, email address, or cell phone number) who can recommend you for this ministry. One of them should be a leader of your group, community, or church, and the other should be someone who knows you well. If you don't have such a person or don't know who to use as a reference, please write about it in the recommendation box.

How to prepare to become a mentor?

First, sign up by clicking "Get Started" and then take the following lessons:

1. Why Jesus?
2. How to lead a person to God by asking the right questions?
3. Basics of online communication
4. Launching a personal conversation panel
5. Conducting the course "Why Jesus?"

In order to complete the courses dynamically, you will need to devote at least 30 minutes 3-4 times a week.

## **VI. "How to help children survive the crisis?" course**

Here are some practical recommendations for parents whose children are going through a difficult time. In this course, you will learn how to understand what is happening to your child, how crisis situations affect their behavior. You will learn what to do if your child has a bad dream or is having a tantrum, and how to help your child "turn down the volume." You will get practical advice on where you can draw strength and inspiration from. You will discover where helping your child begins.

About the author of the course: Iryna Protsenko is a practicing psychologist with many years of experience working with children and families. She is the mother of a 5-year-old son.

### **Course outline:**

1. Manifestations of destructive behavior in children
2. Understanding the child
3. Reaction to stress
4. How the child's brain reacts to stress
5. Causes of changes in child's behavior
6. How to help a child?
7. What should you know about traumatic events?

8. Practical recommendations for parents
9. If the child is having a tantrum
10. If the child had a nightmare
11. Games to relieve stress in children
12. Games - responding to aggression

## **VII. How to overcome addiction**

"How to overcome addiction - HALT Strategy!" If you want to overcome addiction, we invite you to take part in the free course "How to overcome addiction - HALT strategy" (HALT means "stop"). The name HALT comes from the first letters (the acronym) of the English words Hungry, Angry, Lonely, and Tired and means that you should avoid each of these states.

Each of these states significantly puts an addicted person at risk of relapse. We sincerely believe that this course will help both those who are struggling with addiction and those who are free from addiction to improve their quality of life and develop new healthy habits.

As you know, stress is a big problem. It is closely related to all the previously mentioned states, which in turn increase the desire to return to addiction.

In this course you will learn

- How to deal with feelings of loneliness
- What to do if you are angry
- How to reduce the feeling of fatigue in your life
- How to develop healthy eating habits

## International Center of Biblical Counseling and Mentoring "Help for the Heart"

Website <https://helpforheart.org/>

The International Center seeks to promote the development of Biblical counseling in Ukraine and other countries. Its vision:

- We believe that Biblical counseling is an important part of the ministry of any Christian church.
- We are developing the movement of Biblical counseling and mentoring in Christian churches through training at the HFH online school of Biblical counseling under CCEF (Christian Counseling & Educational Foundation), as well as through conferences, seminars, and trainings.
- We provide free access to resources in the field of counseling: articles, books, video and audio materials available on our website and YouTube channel "HFH".
- We provide the opportunity to get the help of a qualified counselor at our "HFH" Biblical Counseling and Mentoring Center.
- **We provide the opportunity to be trained in Biblical counseling** in our online school for those who want to learn more about counseling and prepare thoroughly for serving others.

There are also free articles and video conferences available on the website. Such as: "Help in time of war", "Untangling emotions"

## Kyiv Theological Seminary Conference in Ukraine—Jim Wilder

Конференція : "Служіння людям, які пережили травму" Частина 1

<https://www.youtube.com/watch?v=BvSgMI1NI9k&list=PLXKfbs9vm42SPw-S4uOw9O2qlxvKdkEce&index=1>

Конференція : "Служіння людям, які пережили травму" Частина 2

<https://www.youtube.com/watch?v=jy-l1anR-x8&list=PLXKfbs9vm42SPw-S4uOw9O2qlxvKdkEce&index=2>