



# HEALTHY CONGREGATIONS

**This workshop will help you . . .**

- Learn how you as a leader can influence the health of your congregation – how to detect and avoid unhealthy patterns of living together in community.
- Learn how to keep anxiety from becoming infectious.
- Gain confidence in responding to challenges and opportunities.
- Learn how to put limits on invasive behavior, manage reactivity, and overcome sabotage.
- Discover how leaders can function as the congregation's immune system.
- Learn to focus on strengths, resources, options, and the future.
- Based on the insights of family systems theory developed by Dr. Peter Steinke & Dr. Edwin Friedman

## Registration Details:

Cost: \$75/person (\$60 for each additional person from the same congregation.)  
Registration fees will increase by \$20 on October 17, 2019.

**OCTOBER 25-26, 2019**

Friday: 6:30 p.m. to 9:30 p.m.

Saturday: 8:30 a.m. to 4:30 p.m.

Light Dinner, Breakfast & Lunch included

**Saint Mark Presbyterian Church**

10701 Old Georgetown Road

North Bethesda, MD 20852

Sponsored by

NCP Ministry Relations Team

Led by Richard Blackburn, Executive Director  
of the Lombard Mennonite Peace Center

## Who Will Benefit...

- Pastors and other church staff, lay leaders, all congregation members.
- Anyone interested in enhancing their capacity to manage self in a non-anxious and responsible way, whether in the church, the home, the workplace, or the community

**[CLICK HERE TO REGISTER TODAY!](#)**

Contact Rev. Juli Wilson-Black at 703.931.7344 if you are unable to register online.