



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE BUILD COMMUNITY

**Group Interests & Adult Learning**  
**Winter 2018**



## **Group Interest-** Social networks and activities that bring together people who share common passions and personal interests, engaging spirit, mind and body.

**Kathy's Cancer Conversations** This time of learning and support is free to cancer survivors and their spouses or caregivers at any stage of their journey. This volunteer-led Cancer Support Group will meet on the 2nd Monday of each month from 5:15-6:15 p.m. in the Parkview Center for Healthy Living at the Parkview Warsaw YMCA. Childcare will be available for Y members. **January 8- Laughter Yoga February 12- Ask the Oncologist March 12-Neuropathy is Such a Pain April 9- Ask the Librarian; The Search for Information.** Free for everyone.

**English as a Second Language (ESL)** Led by Winona Lake Grace Brethren Church. Learn the basics of the English language through the "Ventures" curriculum in this safe and fun environment. Participants will be placed in one of five language levels after their first class. Participants should expect it to take 1-2 years of participation to work through the curriculum and advance levels. Sign-up at the Welcome Center. Childcare is available to members. Contact Zane Gard 574-269-9622 x238 with any questions. Multi-Purpose Rooms.

**Tuesdays, January 9-May 22, 6:30-7:45 p.m.** Can join at any time.  
Free for Y Members and the Community. \$20 for the "Ventures" book.

**Adult Beginner Spanish 3** Join us on a journey to learn the Spanish language! Enjoy the rewards of life-long learning while gaining the skills to connect to Spanish-speaking members in our community. Participants will continue in learning to listen to, speak, read and write entry-level Spanish, great for those wanting to learn conversational Spanish. Additional extra-curricular practice is recommended. All class resources are provided. Located in Parkview Center for Healthy Living. **This class will be a continuation of Spanish 2. Participants will need previous experience and a basic understanding of Spanish grammar.** If you have questions about participating please contact Carissa at eisenmcl@grace.edu.

**Tuesdays, January 16-May 8, 6:30-8:00 p.m.** Register by January 12.  
Members: \$80 Program Members: \$120

**Maximizing Your Marriage-** Crosswinds Counseling is pleased to offer the following interactive, educational seminars and classes as they seek to help individuals and families reclaim control, restore relationships and rebuild hope. Their seminars are informative, thought provoking and entertaining, as well as offering an emotionally supportive and interactive experience for those who attend. The seminars are facilitated by Crosswinds Therapists and/or Family Coaches. This six month course by Crosswinds will include various assessments and exercises addressing the topic covered each month. This seminar takes place in the Parkview Warsaw YMCA Multi-Purpose Room 2, 6:00-7:30 p.m., the 3rd Wednesday of each month from September 2017 to March 2018. Register at: <https://app.etapestry.com/cart/LifelineYouth/cart2/index.php>  
Cost for everyone: \$10/person/seminar. Sessions are open to both individuals and couples.

**Love Languages- Wednesday, January 17-** Reduce interpersonal stress by learning how to better understand your partner and connect interpersonally within your family.

**Effects of Trauma and Stress on Children- Wednesday, February 21-** Become aware of and understand how trauma or stress can affect your children so that you can respond in a compassionate and empathetic way.

**Forgiveness- Wednesday, March 21-** Understand this vital component of emotional, spiritual and relational health. Grow in understanding how to forgive.

**Alpha** Interested in learning more about the Christian faith? Join us for an open, informal, and honest space to explore and discuss life's big questions together. Each session looks at a different question that you might have about faith. No supplies needed, no registration needed. Contact Matt Goebel at [mgoebel@kcymca.org](mailto:mgoebel@kcymca.org) with any questions.

More info at: <https://alphausa.org/>

**Fridays, February 2-April 20, 6:00-8:00 p.m.** For those over 18. Free. Attend by February 9.

**Beth Moore's "The Quest" Women's Bible Study** Offered by Mission Point Church. If you're interested in deepening your intimacy with God as you ask, discuss and ponder questions of faith, join this 6 week study. You'll be encouraged to ask questions on a path to growth. Learn to pray to promote intimacy with God and how to read and respond to Scripture. Large group video and small group discussion over weekly study assignments. Multi-Purpose Room 1. Please contact Matt Goebel at [mgoebel@kcymca.org](mailto:mgoebel@kcymca.org) or Olivia Burkholder at [olivia@missionpoint.net](mailto:olivia@missionpoint.net) with any questions.

**Wednesdays, February 21-March 28, 6:30-8:00 p.m.**

Open to the community. \$15 for everyone. Register by February 20 at <http://missionpoint.net/quest>

**CPR Skills Check-off** Students who have completed an AHA online class ([www.AHA.org](http://www.AHA.org)) can schedule a skills check-off time to complete their two-year CPR certification. Accepted online course are BLS or Heartsaver courses. Participants must bring certificate of completion to class. Complete your CPR certification by contacting Zane Gard to set up a time. If you're interested in having a group of 4-6 CPR certified, please email Zane Gard at [zgard@kcymca.org](mailto:zgard@kcymca.org).

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