

# LIFE SKILLS

## for Men

### *Learning to Live, Learning to Love*

**V**ision Statement: To enrich lives by supporting individuals in their personal, family, career, small group & church relationships, thus creating a stronger community. Ineffective functioning destroys our potential for happiness and success – this causes anger within, which often leaks out in negative ways. Life Skills helps us change our old ways to new ways.



**L**ife Skills is a 26 – 28 week course that helps to uncover root issues and beliefs. Painful unresolved experiences from our childhood can cause reactive behaviors in our adult life. Our ability to have healthy relationships is damaged, and some of us sabotage our careers or whatever groups we are a part of.

**L**ife Skills classes provide educational opportunities which empower individuals to improve the quality of their lives and excel in relationships through personal growth.

**T**he curriculum will help any individual gain life-changing skills in a variety of topics including:

- Developing Trust
- Respecting Self and Others/Self-Esteem
- Awareness and Processing of Feelings
- Anger Management

- Childhood Wounds
- Understanding My Anger
- Forgiveness
- Defining Domestic Violence and Abuse
- Conflict Resolution
- Love and Family Bonding
- Male/Female Differences
- Guilt and Shame
- Communications
- Reactive Lifestyles
- Healthy and Lasting Relationships



**T**he curriculum was originally formulated to address the concerns of anger and people involved in abusive relationships, however, it has proven to bring enrichment to any relationship, whether anger and abuse are present or not.

**T**he Life Skills curriculum is faith-based and is built upon Biblical teaching precept by precept. However, it is not overtly Christian, enabling it to qualify for court-ordered Anger Management class in many counties in the country.

**When:** Mondays, 6:30pm - 9:00pm  
starting June 4, 2012

**Where:** Classes are held at:  
Grace Covenant Church  
740 Del Monte Ave  
So. San Francisco, CA 94080

**Fees:** Class fees are \$25 to \$75 per class  
based on an income sliding scale.  
There is a one-time administrative fee  
of \$55 due on the first night. Please  
request information for available  
scholarships.

**Instructor:** Linda Stainthorp

**Linda Stainthorp** is a professional Human Resources recruiter, a volunteer with CORA Community Services, on the leadership Team of Grace Covenant Church in South San Francisco and serves as Site Manager for the Life Skills Peninsula Center.

Coaching and providing solutions to empower people to be all they can be is her passion. Life Skills curriculum provides information to address destructive behaviors such as anxiety, depression, anger, passive aggressive traits, communication, self-sabotage, sexual dysfunction, etc and explains why/where these behaviors come. The tools from the curriculum provide options to change our habits, neuronal brain pathways, and resulting negative behaviors by providing alternative options.

Please contact Linda with questions at:  
[lindastainthorp@yahoo.com](mailto:lindastainthorp@yahoo.com)

## LIFE SKILLS CAN HELP

Our goal is healthier individuals that lead to healthier relationships  
and families.

Family Life Skills Center is a place where adults attend gender specific classes to be taught valuable life skills from the curriculum, Learning to Live, Learning to Love. Family Life Centers deal with family and individual value systems and personal growth.

For more information  
on our programs go to

[www.familylifeskills.net](http://www.familylifeskills.net)