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**Life Skills** is a ministry of *The Regeneration*

*Center of Alexandria, a non-profit organization.*

*As a part of a 501(c)3 organization Life Skills is funded through the sponsorship of churches, organizations, individual donations, and any contributions of the Life Skills participants.*

*Life Skills*

*Training for Success  
in Life*

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Life Skills

PO Box 1196  
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## WHAT IS LIFE SKILLS?

**Life Skills** is a collaborative effort by The Regeneration Center to provide teaching, training, and a supportive community of grace for individuals experiencing life challenges.

***The mission of The Regeneration Center is to bring healing to the broken-hearted and freedom to those trapped by addictive, compulsive and destructive behavior through Christ-centered counseling, teaching and biblical training, and community partnerships.***

## GOALS/CONTENT

### GOALS/OBJECTIVES

- To provide the Church with a resource for ongoing Christian discipleship.
- To equip and train people in the application of biblical principles to everyday living.
- To serve as a catalyst for an individual's interested in mentoring opportunities.

### COURSE CONTENT

- Finances & Budgeting
- Job & Interview Skills
- Healthy Marriages & Relationships
- Experiencing the Christian Life
- Men's & Women's Groups
- Anger Mgmt./Assertiveness Tr.
- Apologetics
- Nutrition

## HOW IT WORKS?

1. Interested individuals contact Regeneration Center staff asking for listing of current offerings. (320-759-0794)
2. A registration interview will be held between the individual and our staff to review his/her goals and to enroll in courses that are most appropriate.
3. The individual participates in a course(s) with a trained facilitator.
4. Participating individuals are asked for a financial donation or volunteer time to cover expense of course materials.