



## ***Intensive Workshops Information***

Thank you for inquiring about our life changing weekend workshops! Your interest shows an awareness that your life can be better and that something needs to change in order for that to happen.

Perhaps this was the first step you've taken in a long time that will begin a journey of healing for you. Whatever it was that piqued your interest, I know you will be encouraged as you find a new way of looking at things and a way to deal with the challenges in your life.

All New Life workshops are Christ-centered, three-day intensive programs that challenge you to look at your past and examine the underlying issues that are keeping you from living the redemptive life God has for you. The combination of large group teaching sessions and small process group work, led by licensed Christian counselors, offers a variety of ways to discover the nature of your struggles and receive the tools to overcome them.

This isn't going to be a restful weekend of simply listening to lectures. This is going to be a time of learning from large group teaching sessions, listening to others, sharing in small process groups, and offering support to fellow group members. We call it an "intensive" workshop for that reason – it is intense!

Please make your plans to join us; don't put it off. I look forward to meeting you there!

New Life Ministries Founder  
Chairman of the Board





# Finding Freedom

What is keeping you from experiencing a whole and healthy life? Are you feeling stuck in life, wondering why you can't move forward? Are you hiding behind a mask, ignoring your pain, not wanting anyone to see the real you? Do you feel gripped by fear, guilt, shame, grief or anger?

The *Finding Freedom Workshop* is a great place to discover how to live a life of freedom spiritually, emotionally, and mentally. Learn how to overcome your painful past and wounds of the soul. Recognize the habits and behaviors that can lead you to a life God intended!

It's time to get free from the rut you are in and experience transformation in your journey!

## ***Who Should Attend***

Anyone who is stuck in guilt, regret, resentment, forgiveness, grief or the past. Those who feel like they are in a rut but desire something more from life. Those looking for direction and wanting to experience a full and satisfying life.

## ***You'll Learn About***

- Forgiveness
- Codependency
- Understanding your family of origin
- Unhealthy reactions
- Obsessions & compulsions
- The cycle of shame
- Surrender
- Living in and out of a false self
- Reactive vs responsive living
- A plan for recovery

## ***Cost and Value***

- 3 meals – Friday dinner; Saturday lunch & dinner (breakfasts are on your own)
- 8 teaching sessions
- 6 small group process sessions facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$700 per person (rate is effective up to 12 days prior to the workshop)
- Regular Rate: \$900 per person (rate begins 12 days prior to the workshop)

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While it is not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.





# Every Man's Battle

Are you in a battle struggling for sexual integrity? Are you acting out with pornography, lusting, sexting, adultery, affairs, strip clubs, or same sex attraction?

Hope and help is available! One weekend workshop can be the beginning of your recovery from a life of sexual addiction to a life of freedom from shame and guilt. Addictive and compulsive sexual behavior do not have to control your life.

You cannot do this alone. And once you attend the *Every Man's Battle Workshop*, you'll discover you are not alone!

## ***Who Should Attend***

Men desiring to walk with sexual integrity, whether struggling with porn, affairs, adultery, lusting, sexting, sexual fetishes, voyeurism, cross dressing, prostitutes or same sex attraction.

## ***You'll Learn About***

- Origins of sexual behavior & its effects on you
- How sexual addition affects your loved ones
- What happens to your brain as a result of addiction
- The cost of addiction
- Rebuilding trust with your wife
- Relapse prevention
- Boundaries
- Triggers
- Understanding shame
- The addictive cycle
- Forgiveness
- A battle plan for recovery

## ***Cost and Value***

- 2 nights lodging (for accountability, all attendees are required to stay at the host hotel & have a roommate)
- 6 meals (Friday lunch & dinner; Saturday breakfast, lunch, & dinner; Sunday breakfast)
- 8 teaching sessions
- 8 small group process sessions facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$1,175 (rate is effective up to 12 days prior to the workshop)
- Regular Rate: \$1,375 (rate begins 12 days prior to the workshop)





# Restore

Has sexual betrayal devastated your life? Whether it's betrayal due to pornography, affairs, lusting, or same sex attraction — sexual betrayal is traumatizing.

The *Restore Workshop* helps women whose hearts have been shattered by sexual betrayal find hope. Many women who come to the workshop feel very alone and are filled with shame, anger and worthlessness. Some have never even shared their story. But once they arrive, they discover women of all kinds and ages are struggling as well, and they begin to feel safe to open up and share.

*Restore* is the place to realize you are not alone. Restoration is possible – if not for your marriage, for you!

## ***Who Should Attend***

Women dealing with the pain and trauma of an affair. Women whose husband, boyfriend or father is in to porn, strip clubs, prostitutes, sexting, voyeurism, cross dressing, or same sex attraction.

## ***You'll Learn About***

- The sexual addiction cycle & why he does what he does
- Negative self-beliefs & the vows you've made
- Trauma, anger, bitterness & guilt
- Tools for the early stages of recovery
- Unhealthy & healthy coping skills
- Living a restored & redeemed life
- Forgiveness
- Rebuilding trust
- Marriage after betrayal
- Self-care
- Disclosure
- Triggers & boundaries

## ***Cost and Value***

- 3 meals – Friday dinner; Saturday lunch & dinner (breakfasts are on your own)
- 8 teaching sessions
- 6 small group process sessions facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$700 (rate is effective up to 12 days prior to the workshop)
- Regular Rate: \$900 (rate begins 12 days prior to the workshop)

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While it is not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.





# Intimacy In Marriage

Is your marriage a dream or a nightmare? Do you feel fully known by your spouse? Do you know what true intimacy in marriage is supposed to be?

The *Intimacy In Marriage Workshop* examines the various types of intimacy – spiritual, emotional and physical – as well as the challenges of experiencing true intimacy. You and your spouse will discover and understand what is needed for healthy, whole and God-centered intimacy.

Don't settle for a miserable marriage, or even one that's just ok. It is possible to experience a new level of intimacy and have a great marriage!

## ***Who Should Attend***

All married or engaged couples -- whether your marriage is on the verge of divorce, or it's been good for years but feels like it's lacking a deep soul connection.

## ***You'll Learn About***

- Spiritual intimacy
- True intimacy & connection
- The impact of disconnection
- Forgiveness
- Attachment styles
- Challenges to intimacy
- Communicating on a deeper level
- Your family of origin & it's effects on your marriage
- Being a sexually competent husband
- Being a sexually confident wife
- Conflict resolution
- Repairing your side of the street

## ***Cost and Value***

- 2 Meals – Friday dinner, Saturday lunch (Saturday's dinner is on your own to give each couple time to share & connect. Breakfasts are on your own as well.)
- 7 teaching sessions
- 5 small group process sessions facilitated by a credentialed New Life Network Counselor
- 1 half hour private session with your group facilitator
- Early Registration Rate: \$625 per person (rate is effective up to 12 days prior to the workshop)
- Regular Rate: \$825 per person (rate begins 12 days prior to the workshop)

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While it is not required to stay at the host hotel, to enhance the workshop experience and ensure all distractions are left behind, we highly encourage staying at the host hotel.



# General Workshop Information

## ***Process Groups***

All workshop attendees participate in general sessions then break out into process groups. In the groups, facilitated by a New Life Network Counselor, you will process the information presented in the main sessions. You will have an opportunity to connect and share with the group your story and create a plan for when you go back into your daily life. There is a ratio of one counselor for every eight to ten attendees

## ***Schedule***

Check-in times vary by workshop, with the earliest start time being Friday at 11:00am and the latest Friday at 2:00pm. All workshops conclude on Sunday at noon.

## ***Location***

The workshops are held at hotels in various locations around the country. We encourage anyone in need to attend the next workshop scheduled rather than one that may be closer to home later in the year.

## ***Registration***

You may register by calling us at 800-NEW-LIFE (639-5433). Please register early. We have limited meeting space.

- Registrants must be at least 18 years of age.
- Early registration discounts are available.
- Special discounts are available for Club New Life members and those who have attended other New Life workshops. (***You must call to receive the Club New Life and Alumni rates. These rates are not available online.***)

## ***Cancellations***

- If you cancel 12 days or more prior to the workshop, you will receive a refund of the amount paid minus a \$100 per person administration fee.. Registration fees may be rolled over to another confirmed workshop. A transfer fee of \$100 per person will be assessed.
- If you cancel less than 12 days before the start of the workshop, no refund shall be given.

## ***Health Insurance Coverage***

Unfortunately, insurance companies do not reimburse for programs like this. You may be able to consider the cost of the workshop as a deductible medical expense for federal tax purposes. The IRS does not make specific rulings about the tax-deductibility of a particular program, so please check with your tax advisor.

## ***Childcare***

No childcare is provided at the workshop, and children are not permitted to attend any part of the workshop.





## About the Speakers



### Steve Arterburn

Speaker at *Intimacy in Marriage* and *Finding Freedom*

Steve is the founder and chairman of New Life Ministries and host of the #1 nationally syndicated Christian counseling talk show, *New Life Live!*, heard and watched by over 2 million each weekday on over 150 radio markets nationwide, SiriusXM Satellite radio, and on NRBTv. Steve is also the founder of the Women of Faith conferences attended by over 4 million people.

Steve is a best-selling author of books such as *Every Man's Battle*, *Healing Is a Choice*, *Lose It For Life* and *Take Your Life Back*. With over 80 million books in print, he has been writing about God's transformational truth since 1984. He has been nominated for numerous writing awards and won three Gold Medallions for writing excellence. Along with Dave Stoop, he edited *The Life Recovery Bible*.

Steve has degrees from Baylor University and The University of North Texas, as well as two honorary doctorate degrees, and is currently completing his doctoral studies in Christian Counseling. He resides with his family in Carmel, Indiana.



### Jason Martinkus

Speaker at *Every Man's Battle*

After sexual addiction almost took his life and his marriage, Jason began the recovery process and by the grace of God is now a free man. He was called out of the corporate world and into the ministry where today his personal mission is to help other men understand, prevent, and break free from sexual addiction.

Jason received a Bachelors degree in Finance from the University of Oklahoma and worked in the corporate world for companies such as Arthur Andersen and Interstate Batteries. After leaving corporate and going into ministry, he went back to school and received his Masters in Counseling from Denver Seminary and currently has a private practice in Denver, Colorado. His first book, *Worthy of Her Trust*, released in 2014 followed by the *Summit Devotional* in 2018. He also co-authored *Understanding And Loving Someone With Sexual Addiction* with his wife, Shelley, in 2018. He and his wife, along with their 3 boys, happily call Denver home.





## Shelley Martinkus

Speaker at *Restore*

Shelley's entire world changed years ago when she confronted her husband and demanded the truth about his secret life of infidelity. Little did Shelley know that his recovery from sexual addiction would be the impetus for her to begin looking honestly at her life - her past and her brokenness - and begin seeking healing and wholeness for herself and her marriage.

Shelley speaks to many different audiences about her story and the story of their recovery. She and Jason also speak together, helping others find healing in their relationship after betrayal. They provide training and information to professionals and lay people who are helping those in recovery.

Her first book, *Rescued*, released in 2015. She also co-authored *Understanding and Loving a Person With Sexual Addiction* with her husband, Jason, which released in 2018. She is a contributor for MOPs and writes blogs.



## Chris Williams

Speaker at *Finding Freedom*

Chris is a licensed Marriage and Family Therapist. He received his M.A. in Marriage and Family Therapy from Hope International University where he also served as Director of Spiritual Formation for 5 years and is currently an adjunct professor. He has experience serving individuals, couples and families struggling with mental health disorders, addiction, trauma and relational challenges. He also works with treatment industry leaders and teams as a consultant and coach. He has become a highly sought after specialist in the treatment of complex trauma and multiple addictive issues. He strongly believes in a holistic approach to understanding the biological, psychological, relational and spiritual factors that impact people and their functioning.

Chris loves playing basketball, golfing and playing with his two young boys. Chris' most important and rewarding role in his life is husband to his wife and father to his two boys. He loves spending time with his family and lives in Orange County, California.







## Milan and Kay Yerkovich

Speakers at *Intimacy in Marriage*

Milan is a pastoral counselor and an ordained minister with a Master's Degree in Biblical Studies. He has been helping couples and families build healthier relationships for more than 30 years. Milan teaches seminars on relationships and intimacy and is co-founder and full time director of Relationship180°, a non-profit ministry that is devoted to counseling and mentoring individuals and families toward healthy relationships. He is a bible teacher and lecturer in the areas of theology, marriage, family, and parenting. Milan is a frequent co-host on the New Life Live radio program.

Kay Yerkovich is a licensed Marriage and Family therapist with a Master's Degree in Counseling. She has been helping couples and families with attachment theory tools in her professional counseling for more than 30 years.

Milan and Kay co-authored the books, *How We Love* and *How We Love Our Kids*. Married in 1972, they have four adult children and five grandchildren. They make their home in Southern California.



## New Life Ministries Statement of Faith

As a professional organization, we set forth the following beliefs which have been agreed to by the professional and support staff of New Life Ministries. These beliefs are essential to our treatment philosophy and ministry.

- We believe the Bible to be the inspired, the only infallible, inerrant, authoritative Word of God.
- We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit. He has revealed Himself in creation, history, and in Jesus Christ.
- We believe in God's creation of the world and humankind and in humanity's rebellion and subsequent depravity.
- We believe in the person and work of Jesus Christ, including His deity, His virgin birth, His sinless life, His true humanity, His miracles, His substitutionary death, His bodily resurrection, His ascension to heaven where He sits at the right hand of the Father, and in His coming personal return in power and in glory.
- We believe that for the salvation of the lost, sinful man, regeneration by the Holy Spirit is absolutely essential. We believe that salvation is by grace through faith in Christ as one's Savior.
- We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life and to grow in the knowledge of God and Christian obedience.
- We believe in the resurrection of both the saved and the lost—the saved unto the resurrection of life and the lost unto the resurrection of damnation.
- We believe in the spiritual unity of believers in our Lord Jesus Christ and in the importance of the church for worship, service and missions.
- We believe all human life is a sacred gift from God and is to be protected and defended from conception to natural death. We will uphold the sanctity of life and bring the grace and compassion of Christ to those who face the realities of previous abortion, unwanted pregnancy, and end-of-life illness.
- We believe in the importance of marriage. Specifically, that marriage is a covenant relationship between a man and a woman (Genesis 2:24), and that a person's sex (male or female) is determined by God in the womb (Psalm 139:13) and revealed at birth.
- We further believe that marriage is a covenant relationship that is mirrored in the relationship between Christ and His Church (Revelation 19:7, 21:2, 21:9). And although the Bible states that divorce is permissible in two unusual circumstances (adultery as described in Matthew 5:31, and abandonment of a Christian by a non-Christian as described in I Corinthians 7:15), we will do all we can to preserve marriage.
- We believe that all psychological principles should be thoroughly evaluated through the gird of Scripture, and that Scripture always holds the final authority.

