



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, 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 time 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





Every Man's Battle 3-Day

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 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 addiction 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)
- 6 meals – Friday lunch & dinner; Saturday breakfast, lunch, & dinner; Sunday breakfast
- 8 teaching sessions
- 8 small group process sessions (9¼ hours) facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$1,410 (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$1,650 (rate begins 14 days prior to the workshop)

A few times a year we offer an online version of this workshop. The online workshop is a one-day Saturday workshop (9:00AM – 9:30PM CT) with 6 teaching sessions and 5 small group process sessions. For the most successful experience, we highly recommend attending one of our many in-person workshops.





Restore 3-Day

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 (8½ hours) facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$840 (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$1,080 (rate begins 14 days prior to the workshop)

Hotel accommodations are not included, but a group rate has been negotiated with the host hotel. While you are 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

3-Day

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 effect 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 (5 hours) facilitated by a credentialed New Life Network Counselor
- 1 half hour private session with your group facilitator
- Early Registration Rate: \$750 per person (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$990 per person (rate begins 14 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.





Emotional Freedom Online 1-Day

Have your emotions been running your life? Are you unable to move forward no matter how much you try or want to? Are unhealthy patterns of behavior impacting your ability to live a full life? The struggle is real and yet there is hope for a better future!

The Emotional Freedom Workshop can be the beginning of changing the trajectory of your life. At the workshop you will understand the role and power of your God-given emotions; dive into specific emotions that creep up and derail your life; learn how traumatic events impact your present; and begin to live life with God's freedom.

With the guidance of a credentialed New Life Network Counselor, you will outline a plan to healing your mind, body, spirit and relationships.

Who Should Attend

Anyone who is stuck in guilt, shame, depression, procrastination, unhealthy relationships 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 free life.

You'll Learn About

- The Power of Our Emotions
- Guilt & Shame
- Codependency
- Depression
- Procrastination
- Unhealthy Relationships
- Trauma

Cost and Value

- 7 teaching sessions
- 4 small group process sessions (5½ hours) facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$480 per person (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$600 per person (rate begins 14 days prior to the workshop)





COURAGEOUS parents

Courageous Parents

Transforming Relationships With Your Adult Sons & Daughters

Online 1-Day

Are your adult child's decisions causing you to lose sleep? Does the pain of boundaries (or lack thereof) with your adult children feel overwhelming? Are your adult child's choices causing you to ask 'where did I go wrong'?

The Courageous Parents Workshop will provide practical advice and hopeful encouragement for navigating the parent/adult child relationship. Come find answers to having a healthy relationship with your adult children.

Who Should Attend

Parents of adult children whether they have left home, never left home or moved out and are now back at home.

You'll Learn About

- Boundaries
- Forgiveness
- Helping vs Enabling
- Your Empty Nest Marriage
- Single Parent – Empty Nest
- Becoming a Student of Your Adult Child's Culture
- Reinventing the Relationship With Your Adult Children
- Violations of Your Values
- The Cringe Factor – Addictions, Cohabitation, Mental Health Issues, Straying From Faith

Cost and Value

- 6 teaching sessions
- 3 small group process sessions (4½ hours) facilitated by a credentialed New Life Network Counselor
- Early Registration Rate: \$360 per person (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$480 per person (rate begins 14 days prior to the workshop)



Lose It For Life Online 1-Day



LOSE IT FOR LIFE

Do you want to live free of obsessions and compulsions in your eating habits? Do you want to resolve the inner conflicts overloading your life and triggering your eating? If you are ready to begin a comprehensive plan that provides freedom in every area of your life, this workshop is for you!

The weight we carry on the outside is often a result of the burdens encumbering us on the inside. If we can reduce our inner burdens of guilt, shame, stress, fear, grief, anger, disappointment, regret, and rejection; we can reduce the outer layers that reflect these inner struggles. In fact, if we can apply God's light to the dark places of our soul, we will remove the need to eat in excess as a defective means to find comfort and relief.

Lose It For Life is more than a food plan. It addresses the psychological, emotional and spiritual aspects of a healthy lifestyle. It incorporates the latest research, practical steps and biblical truth for achieving long-term success.

If the yo-yo of weight-loss and weight-gain has left you exhausted and frustrated, *Lose It For Life* will deliver the success and peace you're looking for!

Who Should Attend

Anyone who has tried diet programs and experienced the joy of making progress only to be followed by the shameful defeat of gaining back the weight.

You'll Learn About

- What you eat & what's eating you
- Obsessions & compulsions
- Importance of connection
- Rethinking fitness
- Relapse prevention

Cost and Value

- 5 teaching sessions
- 4 small group process sessions (4.5 total hrs) facilitated by a credentialed New Life Network Counselor
- (5) 10 minute exercise sessions
- Exercise bands, exercise ball, & exercise weights
- Early Registration Rate: \$540 per person (rate is effective up to 14 days prior to the workshop)
- Regular Rate: \$660 per person (rate begins 14 days prior to the workshop)



(800) NEW LIFE newlife.com

General Workshop Information

Process Groups

All workshop attendees participate in general sessions then break out into process groups. Facilitated by a New Life Network Counselor, these groups help you process the life changing information presented in the general sessions. You will 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

- **In-Person:** 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.
- **Online:** Start and end times vary by workshop with the earliest being Saturday at 9:00am CT and the latest at 9:30pm CT.

Location

- **In-Person:** 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 but scheduled further in the future.
- **Online:** The workshops are held through the use of Zoom. Attendees must have:
 - A computer or tablet with audio and video capabilities
 - An internet speed sufficient for live stream video (note New Life is not responsible for any technical issues with your device and no refunds will be given should your device not be able to adequately stream this workshop.)
 - A private room where you can focus on the content being presented and interact with your fellow group members with no distractions

Registration

You may register by calling 800-NEW-LIFE (639-5433) or at newlife.com. Please register early. We have limited meeting space and expect to fill to capacity.

- Registrants must be at least 18 years of age
- Early registration discounts are available for most workshops
- Special discounts are available for most workshops 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 14 days or more prior to the workshop, you will receive a refund of the amount you've paid minus an administration fee of \$200 per person for in-person and \$100 per person for online.
- If you cancel less than 14 days before the start of the workshop or do not show up for 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

We ask that your children stay with a trusted family member or friend. No childcare is provided at the workshop, and children are not permitted to attend any part of the workshop.



About the Speakers



Steve Arterburn - *Intimacy in Marriage, Emotional Freedom & Courageous Parents*

Steve is the host of the #1 nationally syndicated Christian counseling talk show, *New Life Live*, heard and watched by millions each weekday on over 180 radio markets nationwide, SiriusXM Satellite radio, and on the NRB television network. 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*, *Take Your Life Back*, and co-editor of *The Life Recovery Bible*. With over 14 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.

Steve has degrees from Baylor University and The University of North Texas, as well as two honorary doctorate degrees. He resides with his family in Carmel, Indiana.



Jim Burns - *Courageous Parents*

Jim is the president of HomeWord. He speaks to thousands of people around the world each year. He has close to 2 million resources in print in 20 languages. Jim primarily writes and speaks on the values of HomeWord, which are: Strong Marriages, Confident Parents, Empowered Kids, and Healthy Leaders. Some of his most popular books are: *Confident Parenting*, *The Purity Code*, *Creating an Intimate Marriage*, *Closer*, and *Doing Life With Your Adult Children*. Jim and his

wife, Cathy, live in Southern California and have three grown daughters, Christy, Rebecca, and Heidi; two sons-in-law, Steve and Matt; and three grandchildren, James, Charlotte and Huxley.



Jacqueline Mack-Harris - *Emotional Freedom*

Jaqueline is a United States Air Force veteran with 20 years of experience working as a Licensed Vocational Nurse. She has a strong desire to help couples, families, and adult individuals find hope and healing as they work through anxiety, depression, illness related struggles, attachment issues, ADD/ADHD and challenges associated with military life. She works with pastors, pastors' wives, and ministry leaders who struggle with relationships, spiritual growth and finding

balance. She earned her Doctor of Psychology in Marital and Family Therapy at the Chicago School of Professional Psychology. Jaqueline is an associate professor in the graduate program of Marriage and Family Therapy at Hope International University.





Laura Mangin-McDonald - Restore

Laura is a Licensed Professional Counselor with over 35 years of experience. She is co-founder of Christian Insight For Life, a non-profit teaching and discipleship ministry dedicated to reaching Christians and non-Christians across the globe.

Laura's practice is specifically geared towards helping people heal from early childhood trauma, betrayal, and sexual integrity issues in marriage. She is professionally equipped to walk people through the recovery process based on her years of experience and training, but her personal experience of being betrayed in her marriage and successfully moving through the recovery process carries the most weight. Laura is passionately committed to helping women face the crushing reality of betrayal in their marriages and move them through the recovery process of healing and hope for the future!



Stacey Sadler - Restore

Stacey's counseling career was born out of her own healing. Thus, she sees herself as a wounded healer. Stacey has had the experience of being a betrayed partner as well as having a partner with an addiction. This helps her uniquely understand the impact that sex addiction can have on client's lives. She is an EMDR Certified Therapist and a Certified Clinical Partner Specialist through The Association of Partners of Sex Addicts which both equip her for her extensive work with those suffering from betrayal trauma.

Stacey also speaks to groups on topics like betrayal trauma, single womanhood and intimacy in marriage. She is a writer, with her first book on the subject of Single Parenting due to be published in 2022. She received her undergraduate degree from Texas State in 1988. Her graduate degree is from Liberty University in Lynchburg, Virginia. She became an LPC in late 2010. She lives in Missouri City, Texas and spends her spare time enjoying the beach.



Michelle Spadafora - Lose It For Life

Michelle's passion is helping people take a biblical approach to exercise, healthy eating, and spiritual development. She has been in the fitness industry for over 35 years. Several years ago when she became a Christian, she began incorporating her faith into her workouts. Her hope is for people to find peace and joy in the journey toward physical and spiritual health.

She is the founder of *Faithful Workouts* whose exercise program has aired on *DIRECTV*, *NRB Network*, *Roku* and *the Miracle Channel*. She has also produced numerous fitness videos that include cardio, strength training, core, flexibility, balance, and stretching. All of her workouts are done to upbeat contemporary Christian music.





JJ West - *Every Man's Battle*

JJ is a Licensed Marriage and Family Therapist. Originally from Central Florida, he received his Masters and Specialist degrees in Counselor Education from the University of Florida. Before becoming a therapist, he worked for several years with college students both with a Christian organization and on church staffs. He is married and has two children. He enjoys outdoor adventures with his family, traveling to other cultures, good movies, and Florida State University sports.



Chris Williams - *Emotional 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 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 - *Intimacy in Marriage*

Milan is a pastoral counselor and ordained minister with a Master's Degree in Biblical Studies. Milan teaches seminars on relationships and intimacy and is co-founder of Relationship180°, a non-profit ministry 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 *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 grid of Scripture, and that Scripture always holds the final authority.

