



**Why?** Growing up in America today is not easy. Simply surviving can be complicated for children growing up with fractured families, drugs and alcohol in their homes and communities, family and neighborhood violence, foster care – and so much more! Yet few places within our society, and even fewer within our churches, are reaching out to help children and parents deal with the complexities of these high stress life situations. **Examples of issues/stressors participating kids/families may be experiencing:** Adoption, foster care, divorce, bullying, health concerns or illness, death of a loved one, loneliness, and other family stressors/struggles.

**What?** The **Confident Kids program (CK)** is a support group for kids walking through stressful life situations and their parents. It is designed to bring hope, healing and the message of God's love to hurting kids and struggling parents within our community by providing a safe, supportive Christ centered community. (See back for details)

**Confident Kids consists of 4 units (each 8 weeks):**

- **Unit 1: Facing My Feelings:** *"All My Feelings Are OK."* Children and parents learn how to name their feelings, how to express them in healthy and appropriate ways, how to recognize and lower feelings defenses, and how to use their feelings to know when it's time to ask for help.
- **Unit 2: Living in My Family:** *"There Are No Perfect Families."* Children and parents are encouraged to see their family, whoever that may include, as their primary place of belonging and support. They also learn and practice a variety of family living skills.
- **Unit 3: Growing Through Changes:** *"Nothing Stays the Same Forever."* Children and parents learn to deal with the significant changes in their lives by grieving the losses that occur when things changes. They learn to identify and manage the six stages of grief: Denial, Anger, Bargaining, Depression, Acceptance and Hope.
- **Unit 4: Making Wise Choices:** *"I Always, Always Have Choices."* Children and parents learn the difference between wise and unwise choices, a six step process for making wise choices, and how to find wise adults when they need to ask for help.

**LOGISTICS:**

- Ngate's CK program will begin meeting with children and parents on **Oct 1, 2018**
- Will meet weekly on **Mondays**, from 6:30pm to 8pm, ongoing for 8 weeks on (the length of a unit) with 4 weeks off between units (may vary slightly)

**VOLUNTEER ROLES:** Note: The core of the program happens in the small group.

- **Kids' small group facilitators:** Will work with a small group of kids (3-5) within a specific age range. Facilitators will welcome the kids within their small group, facilitate discussion of nightly topic, lead the planned small group activity(ies), build and facilitate building of relationships, and pray with kids.
- **Teen small group facilitators:** Will work with a group of teens within a specific age range (6th-8th or 9th-12th). Will present nightly topic/theme, facilitate discussion of nightly topic, build and facilitate building of relationships, and pray with their group.
- **Parent group facilitators:** Will present nightly topic/theme (what the kids will be learning), facilitate discussion of nightly topic, build and facilitate building of relationships, and facilitate a time of prayer.
- **Event/meal support:** Will provide set up, clean up and support our guests by serving them as needed.
- **Nursery volunteers:** Will provide care for infants/toddlers of participating families.

**Requirements:** A growing disciple of Jesus, a love for kids and families, experience/skill working with kids or adults, not in the midst of trauma or coming out of a traumatic experience (for facilitator roles). Background check required.

**TRAINING:**

- **Empowered to Connect Conference:** We'd like as many CK volunteers as possible to attend. Two days of practical teaching in a safe and supportive community to equip families, churches, and professionals to better serve children from hard places and those impacted by adoption and foster care. \$40 includes snacks, course and materials, scholarships available, *lunch on your own off-site* **FRI, APR 27 & SAT APR 28; 9 am - 5 pm.** Can find registration at [ngatechurch.org/events](http://ngatechurch.org/events)
- **Confident Kids Training:** Training will be on **9/10 & 9/17**

**CONTACT:**

- Complete an online CK application at <https://ngatechurch.wufoo.com/forms/confident-kids-volunteer-application/> and/or contact Wendy Walton, Kids Ministry Director at [wendywalton@ngatechurch.org](mailto:wendywalton@ngatechurch.org)

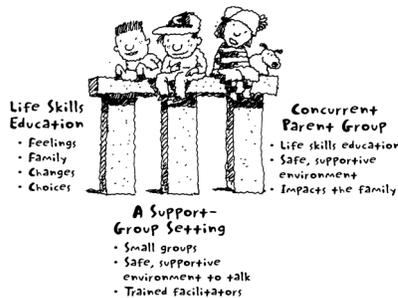
# Confident Kids Program Goals, Program Elements & Scriptural Foundations

**Program Goals:** Confident Kids support groups are designed to do the following:

- Teach children the skills necessary to understand, talk about, and cope with their life circumstances in healthy and positive ways.
- Encourage children to talk about their experiences in a loving, safe environment.
- Build self-esteem and a sense of trust through relationships with caring adults (program facilitators).
- Influence the home environment by teaching the parents the same skills being taught to the children through the means of a concurrent parents' group.
- Guide children and parents into a relationship with God and teach them to use prayer and Scripture as resources in dealing with their life circumstances.

**Program Elements:** Three program elements, work together to accomplish the above program goals:

1. **A Life Skills Curriculum:** The Confident Kids curriculum teaches children a core set of healthy living skills needed to understand and cope with their life situations.
2. **A Support Group Environment:** Confident Kids facilitators are carefully trained to teach the curriculum in an environment which is emotionally safe and conducive to helping kids work through their life experiences.
3. **A Concurrent Parents' Group.:** Through the parents' group, the entire family system is impacted as parents and kids are learning and growing together.



**Scriptural Foundations:** Confident Kids seeks to help children who are in danger of disconnecting from God, find Him as a personal friend and source of strength in the midst of their life experiences. The session plans include carefully selected Bible stories, memory verses, and small group prayer times to communicate **four Scriptural truths**.

- God is a loving caregiver who is always present and gives us support in difficult times. (Joshua 1:9, Romans 8:38-39, I Peter 5:7)
- Jesus knows what it means to suffer and be hurt and therefore can help us when we experience suffering and hurt. (Hebrews 2:18, and the Easter events which help kids connect with Jesus' suffering and difficult choices).
- When we pray honestly about what we are feeling, God helps us find comfort and peace. (Philippians 4:6-7)
- God intends a hopeful, purposeful future for us, no matter how painful the present may seem. (Jeremiah 29:11)

**Please pray~** God is raising up a **Confident Kids team** of small group facilitators and event helpers...  
are you one of them?