

Speakers



Judy Howell, M Ed, LMHC has worked in the human services field for over 16 years, as an adolescent | counselor in a residential setting for six years. Her Master of Education degree is from Cambridge College and is currently a mental health therapist at New Creation Healing Center. Judy specializes in addiction and recovery issues.



Judy Misiaszek, MS, ARNP, BC has been a nurse for over 30 years and has worked in many different areas of her profession. She is a graduate of the nurse practitioner program at Northeastern University in Boston, majoring in Adult Primary Care. Judy is board certified by the American Nurses Credentialing Center. Judy has been on staff at New Creation Healing Center for nearly 15 years.



Robert (Bob) Towsley - Bob is a native of northern California and has lived in New England for almost 50 years. He spent 6 1/2 years in the Navy as a missile technician followed by 28 years working in the high tech industry and is now semi-retired. He has 23+ years in recovery, AA and Al-Anon. He is a huge advocate of the 12 Steps of Recovery as they apply to everyday living and is still active in both. He is a member of Trinity Church and was part of the team that brought the 12 Steps to Trinity through it's Overcomers Program.

New Creation Healing Center is an interdenominational ministry promoting wholeness in Christ through the practice of Medicine, Massage, Christian Counseling, and Prayer. We are looking forward to the day when we can also offer this through a residential center.

Future Events:

March 7 – April 18 (Wednesdays): Depression Evening Series 6-7:30 pm; \$20
Depression has many roots: physical, spiritual, emotional, and biochemical. Come discover tools to overcome depression and embrace joy and abundant life! This program is designed by healthcare professionals and counselors who recognize that each individual has different needs and skills. You can use these insights for yourself, or in caring for others.

March 10: Free To Be Me (Saturday); 9 am – 4 pm, \$40 Snow Date 3/17
Understanding how the variety of personality types will help us in our walk with God and or relationship with others. Canon Mark Pearson has lead this program over 100 times over the past 25 years in churches around the country and to rave reviews. It will help your spiritual life, work life and your relationship with others.

April 14: Christian Healing (Saturday); 9 am – 4 pm, \$40
This workshop is for two groups of people. The first track is for those new to the ministry of Christian Healing, whether done individually or as part of a church-based ministry team. The second track is continuing education for those already serving on a healing team.

Tuesdays - 10 - 11:30 am Women's Bible Study
7 pm - 8:30 pm Co-ed Bible Study

Thursdays - 12:15 pm - 12:50 pm Noon Service
Healing Prayers 1st, 2nd, 4th & 5th Thursdays.

Other Offered Services:

Massage Therapy - We offer Swedish, hot stone, pregnancy and seated massage, as well as Lymph Drainage, CrainoSacral and structural relief therapies. For more information contact Jenn.

Counseling - Contact Judy Howell, LMHC or Paula Oliveira, LCSW for more information on our mental health services.

Lunch & Learn Series: Breaking Free

Wednesdays from Noon to 1 pm
February 21 to March 21, 2018

Learning ways to leave unhealthy lifestyles



New Creation Healing Center

80 Route 125

Kingston, NH 03848

(603) 642-6700

Breaking Free

Schedule

Registration Form Breaking Free 2/21/18 - 3/21/18



Have you ever felt stuck in a bad habit? Trapped in a bad relationship? Broken by addiction or in love with someone with one of these problems?

Breaking Free is a 5 week lunch & learn program to help you and your loved ones break patterns of addiction and build healthy relationships.

Lent is traditionally a time when we leave behind the old and embrace the freedom we have in Christ. Come join us for a simple meal and learn the first steps in breaking free of the bondage of addiction and unhealthy relationships.



Wednesdays, Feb 21 through March 21, 2018
12 (noon) to 1 pm

2/21 - Stepping into the 12 steps - Part 1

I Can't ~ Bob Towsley

2/28 - Stepping into the 12 steps - Part 2

He Can ~ Bob Towsley

3/7 - Stepping into the 12 steps - Part 3

I'll Let Him ~ Bob Towsley

3/14 - Kicking Smoking In The Butt

~ Judy Howell, M Ed, LMHC

3/21 - Creating Healthy Boundaries

~ Judy Misiaszek, MS, ARNP, BC

* A healthy lunch will be provided.

For more information contact:

Father Bill Blomquist of
New Creation Healing Center
80 Route 125
Kingston, NH 03848
(603) 642-6700
www.newcreationhc.org
fatherbill@newcreationhc.org

Name: _____

Address: _____

Phone: _____

Email: _____

Food Allergies: _____

How did you learn about us? _____

Are you currently attending a church? Yes No

If yes, name and location: _____

Can we have your permission to use photographs taken during the Lunch & Learn Series for New Creation Healing Center promotional purposes? Yes No

Circle what sessions do you plan to attend?

Feb. 21 Feb. 28 March 7
March 14 March 21

Registration fee: \$10 per session (pre-registered and paid) or \$45 for all five sessions. On-site registration is \$12. Drop off or mail registration form to New Creation Healing Center by Feb 14. Please make checks payable to NCHC.

Pre-registration is highly suggested as this is helpful for planning purposes.