



My name is Kristen. I am a Certified Medical Assistant and Certified Phlebotomist Technologist at New Creation Healing Center. I am a wife and a mother to two sons. I am a writer and entertainer who is

also passionate about helping those who struggle with anxiety.

I suffered with severe generalized anxiety disorder for over two decades. I was scared and I was miserable. I suffered in silence with no one to help me. I thought I would never be free and was destined to live my life just surviving day to day. I decided I had had enough. I started to learn all I could about anxiety and what I could do about it. In my journey toward healing I learned many skills and techniques that are proven methods in alleviating anxiety and its symptoms. I created this workshop to help others who feel just as lost.

Did you know that anxiety disorders affect 18.1% of adults in the United States alone? That is approximately 40 million people! We are not alone. There are answers. It doesn't matter how long you've struggled or whether it's only occasionally. You deserve better. Let me help you help yourself.

HAVE HOPE!

What previous participants have to say...

“The workshop opened my eyes to all the ways in which my anxiety affects me, but I also learned tools to help me overcome my anxiety.”

“I am not alone, that others share this craziness!”

“Very relatable and insightful. Very good info, resources, handouts. Humorous. Put me at ease.”

“Now I have a better understanding... I feel more equipped to change... I don't have to live in a state of fear and worry.”

“Informative sessions punctuated with personal experience, empathy and humor. I feel empowered to take positive steps forward. Practical, supportive...a joy.”

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.

got
anxiety?



get
help

Get Your SWEATS On

Support Workshop to Empower the Anxious with Tools and Skills

Get ready to work on being the best you there is



Who?

Anyone dealing with anxiety or anxiety related disorders. Anyone whose lives, relationships and/or work are affected by anxiety and anyone looking for answers and proactive steps toward overcoming it.

What?

A five week workshop to give those who struggle a new skill set that will empower and assist in managing their anxiety and its symptoms.

When?

Wednesday nights starting May 2nd to May 30th from 6:00 pm to 7:30 pm.

Where?

New Creation Healing Center
80 Route 125

Kingston, NH 03848

603-642-6700

We will meet at The Meeting House, 1st building (yellow) on our property.

Registration Form

Got Anxiety? Get Help - May 2018

Name: _____

Address: _____

Phone: _____

Email: _____

Special Needs (dietary, hearing, etc):

How did you learn about us? _____

Registration fee: \$20 for entire series.

Participants are encouraged to commit to all sessions as the teachings are cumulative and build upon one another.

Drop off or mail registration form with payment to New Creation Healing Center. Make check payable to NCHC.

Please bring a notebook and pen with you. You will want to take notes!

For More Information: Visit our website at www.newcreationhc.org for a detailed schedule or contact Kristen via email at kristens@newcreationhc.org or by calling the office.