

## Speaker



**Kristen V. Smith, CMA, CPT** is a Certified Medical Assistant and Certified Phlebotomy Technician at New Creation Healing Center. She is a wife and mother of two boys. She is a writer and entertainer and is passionate about helping those who struggle with anxiety. Kristen knows

first hand how painful anxiety is. She has developed this workshop to empower others with tools and techniques that work. With humor and passion she is committed to destigmatizing this often misunderstood mental health disorder.

### Other Offered Services:

**Massage Therapy** - We offer Swedish, hot stone, pregnancy and pediatric massage, as well as Lymph Drainage, CranioSacral and structural relief therapies. For more information contact Jennifer Jubinville, BCMT, CPMT.

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

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:

### The Ministry Of Christian Healing

**Saturday, October 14 from 9 am - 4 pm**

This conference 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 for those already serving on a healing team. Cost of this workshop is \$35.

**Lazarus Program - Thursday evening, October 26 to Sunday, October 29 at noon** - The Lazarus Program will address inner healing. The weekend will include intensive prayer ministry and extensive education regarding the healing of inner wounds.

This program is particularly helpful for people who are struggling with emotional or spiritual issues. Must apply in advance.

### Finishing Life's Journey Well

**Saturday, November 11 from 9 am - 4 pm**

This workshop is designed to assist individuals in their own thinking and planning or for the special loved one who will assist the person in planning, as well as for Church leaders (pastors, deacons) as they guide church members and their families through end-of-life issues. Cost of this workshop is \$35.

## On Going Events

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

**Healing Services** - Second Saturday of each month at 4 pm.

Tele-Coil & advanced hearing devices available for use during conferences & events.

# Have Hope: Overcoming Anxiety

Thursdays from 6 to 7:30 pm  
September 21 to October 19, 2017



## A Series for Those Who Struggle

**New Creation Healing Center**

80 Route 125

Kingston, NH 03848

(603) 642-6700

Are you struggling with anxiety in your day-to-day life? Are you tired of anxiety controlling you? Do you feel hopeless? Alone?  
GOOD NEWS! You are NOT alone!

Did you know that anxiety disorders affect 18.1% of adults in the United States? That is approximately 40 million adults between the ages of 18 and 54! Experts believe the percent is actually 30% higher because many people don't seek help, are misdiagnosed, or don't know they have issues with anxiety.

Are you looking for tools and techniques to help you better manage your fears? Join us Thursday nights from September 21 to October 19 from 6 to 7:30 pm as Kristen Smith, CMA, CPT shares her extensive knowledge and life experience on how to handle anxiety before it handles you. Participants are encouraged to commit to all sessions as the teachings are cumulative and build upon one another.

This workshop is for adults (18 and older) whose lives, relationships and/or work are affected by anxiety and are looking for answers and proactive steps towards overcoming it. Those under 18 are welcome to attend with a parent or a grandparent.

### Schedule

**September 21 - Anxiety: What is it? Why me?**  
Learn the science behind anxiety disorders. Demystify and educate to relieve shame and embarrassment.

**September 28 - Panic/Anxiety Attack**  
Learn how to calm yourself and stop attacks from happening. Managing your triggers.

**October 5 - Your Thought Life: Breaking the Habit of Negative Thinking**  
Learn how to control your thought life, the biggest contributor to anxiety. Develop new habits to control anxiety and stress.

**October 12 - Obsessive Scary Thinking**  
How to deal with obsessive thoughts and anticipatory anxiety.

**October 19 - The Physical and Spiritual Self**  
Learn what our bodies need to better manage stress and anxiety. How a strong spiritual life supports overcoming fear.

**What previous participants have to say...**  
"Identifying triggers, thought patterns and limitations was most impactful. Now that I have a better understanding of my anxiety and its affects in my life, I feel more equipped to change. It gives me hope to know that I can overcome my anxiety so I don't have to live in a state of fear and worry."

"I am not alone - that others share this craziness!"

"The workshop opened my eyes to all of the ways in which my anxiety affects me but I also learned some tools to help me over come my anxiety."

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

### Directions:

**From the South:** Take Interstate 495 North to Exit 51B towards Plaistow, NH. Travel approximately 7 miles into Kingston, NH. Pass Landscapers Depot on the right. Go through the next set of lights and we are just ahead on the left.

**From the North:** Take Route 101 to Exit 7 (towards Epping/Kingston). Proceed on Route 125 South approximately 11 miles into Kingston, NH. We are on the right side of the road.

### For more information contact:

Marlene Weitemeyer of  
New Creation Healing Center  
80 Route 125  
Kingston, NH 03848  
(603) 642-6700  
www.newcreationhc.org

## Registration Form Have Hope: Overcoming Anxiety Fall 2017

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How did you learn about us? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you currently attending a church? Yes No

If yes, name and location: \_\_\_\_\_  
\_\_\_\_\_

**Registration fee:** \$10 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 to New Creation Healing Center **by September 14, 2017.**

**Pre-registration is highly suggested** as this is helpful for planning purposes.  
Please make checks payable to NCHC.