

New Life Women's Center

Sample Curriculum

Rehabilitation

- The Source of Destructive Behavior: Dr. Paul Carlin
- Goal Setting in Recovery: Dottie Compton
- Dysfunctional Families: Dwight Bradford
- Making Sense of Addiction: John Keppler, M.D.
- Alcohol & Drugs: Body & Mind: John Keppler, M.D.
- Quitting Marijuana/Cocaine: Caldwell Nukolus, PhD
- Managing Anger: Channing L. Bete
- Early Warning Signs of Relapse: Channing L. Bete
- Identifying Relapse Triggers: Channing L. Bete
- Commitment to Change: Stanton Samenow, PhD
- Anger & Assertive Behavior: FMS

Business

- GED - State of Texas
- Good Sense Budgeting
- Resume Writing
- Interview Skills
- Computer Tutorials
 - Typing / Mavis
 - Windows
 - Access
 - Outlook
 - Excel
 - Power Point
 - Internet

Character Building / Life Skills / Individual Study

Character Qualities: Teen Challenge

Root of Rejection: Joyce Meyers

Anger & Personal Rights: Teen Challenge

Character Building / Life Skills / Individual Continued . . .

Love & Accepting Myself: Teen Challenge

Managing Your Emotions: Joyce Meyers

How to Deal with Guilt: Teen Challenge

Search for Significance: Robert McGee

Character Building / Life Skills / Group Study

Co-Dependency No More: Melanie Beatty

Total Forgiveness: R.T. Kendall

Growing Through Failure: Teen Challenge

Personal Relationships with Others: Teen Challenge

Attitudes: Teen Challenge

Hidden Keys to Loving Relationships: Gary Smalley

Healing for Damaged Emotions: David Seamands

Attacking Anxiety and Depression: Wanda Bassett

Boundaries: Cloud /Townsend

12 Keys to Mature Relationships: Dr. Paul Carlin