

NASHVILLE ROAD
COMMUNITY

CHURCH

January 3, 2015

Mark Your Calendar

January 17
**Town Hall
meeting**

January 9
**Mental Health
training**

January 23
**Mental Health
training**

January 30
Man Up!

We hope you've had a great Christmas and enjoyed all the goodness and celebrations of this season! Soon, if not already, it will be time to pack away the decorations and reflect on what has been and look ahead to what could be in 2016. Most likely we'll resolve to make things different in some areas of our lives for 2016. The new year offers a chance at a fresh start, and it's loaded with potential for us to be involved in lots of good change. The new year will be loaded with many good opportunities for growth but will we recognize these opportunities and engage with them when they come in the natural flow of everyday life? Sunday we're going to look at the story of Esther and see how a young queen engaged with the opportunity and learned about God's providence as she practiced living for "such a time as this."

Mental Health First Aid Training:

On Saturday January 9th and January 23rd 2016, Nashville Road will be hosting a training session for all those interested in learning how provide mental health first aid to young people and families in need. We're joining with other area churches on training that will help equip each other with the skills needed to spot the early signs of a mental health problem in young people and provide help on a first aid basis as well as linking families to local resources for long term health. The cost is \$45 which includes both sessions, lunch each day and a Mental Health First Aid certificate once completed. If you're interested please sign up at the Welcome Centre.