

God is a loving caregiver who is always present and gives us support in difficult times.

Joshua 1:9, Romans 8:38-39, I Peter 5:7

Jesus knows what it means to suffer and be hurt and therefore can help us when we experience suffering and hurt.

Hebrews 2:18, and the Easter events (which help kids connect with Jesus's suffering and difficult choices).

When we pray honestly about what we are feeling, God helps us find comfort and peace.

Philippians 4:6-7

God intends a hopeful, purposeful future for us, no matter how painful the present may seem.

Jeremiah 29:11

N NORTHSHORE
COMMUNITY CHURCH

Northshore Community Church
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CONFIDENT KIDS

A life skills program for children k-6th grade and their families.



What is Confident Kids?

A national organization serving families since 1990

A place that promotes Christ-centered help for children and families

A resource that addresses the needs of children who are struggling with stressful circumstances such as divorce, step-families, alcoholic parents & more.

An evening of play, crafts, and skits that teach about God's love for them.

More info | confidentkids.com

Join Confident Kids and get equipped for life's challenges.

All sessions are held at Northshore Community Church, Mondays, 7-8:30 pm.

[More info and to register, www.northshore.church/kids](http://www.northshore.church/kids)

This year Confident Kids offers several biblically-based sessions to help and encourage your child.

ALL MY FEELINGS ARE OK

Children learn: how to name their feelings; how to express their emotions in healthy and appropriate ways; how to recognize and lower their defenses that stem from mixed emotions; and how to use their feelings to know when it's time to ask for help.

THERE ARE NO PERFECT FAMILIES

Children are encouraged to see their family, whoever that may include, as their primary place of belonging and support. They also learn and practice a variety of family living skills.

NOTHING STAYS THE SAME FOREVER

Children learn to deal with the significant changes in their lives by grieving the losses that occur when things change. They learn to identify and manage the six stages of grief: Denial, Anger, Bargaining, Depression, Acceptance and Hope.

I ALWAYS, ALWAYS HAVE CHOICES

Children learn the difference between wise and unwise choices, a six-step process for making wise choices, and how to find wise adults when they need to ask for help.

We're here to help!

How do you know if your child is ready to become a Confident Kid?

If they're going through a recent move or change of school

Struggles in school with either class work or classmates

Noticeably changed behavior at home

Someone in the family experiencing a serious or lengthy illness

Recent loss of a loved one

Divorce in the family

Change in family status (new, blended family)

