



Personal and Family Care Resources

Links that we share with our church family through email and our website.

Managing the Ups and Downs of Stress and Anxiety Kathy Helpenstill

<https://vimeo.com/399354020?ref=fb-share>

Overcoming Anxiety During Covid-19 (Right Now Media):

<https://www.righnowmedia.org/Content/Series/394369?episode=Trailer>

Parents: Empower your Child to Overcome Anxiety:

<https://youthgroup.downloadyouthministry.com/parents-empower-your-child-to-overcome-anxiety/>

Coronavirus and Self-Care webinar recording from Wheaton College and The Humanitarian and Disaster Institute:

<https://vimeo.com/399457841>

First Things First - Self Care:

<https://firstthings.org/coronavirus-resources-self-care-2/>

First Things First - Marriage:

<https://firstthings.org/coronavirus-resources-marriage/>

First Things First - Parenting:

<https://firstthings.org/coronavirus-resources-parenting/>

Empower Your Child To Overcome Anxiety:

<https://youthgroup.downloadyouthministry.com/parents-empower-your-child-to-overcome-anxiety/>

Defining Anxiety in Your Child:

<https://youthgroup.downloadyouthministry.com/parents-defining-anxiety-in-your-child/>

If you or your family needs to speak to a professional counselor, there is a local counseling service offering online counseling appointments. Please contact the church for confidential information by email office@clearcreekcoc.org or by phone 423-877-6232.