

SELF-RELIANCE CLASSES



OVERVIEW OF CLASSES

Emotional Resilience - A 10-week course combining gospel principles with emotional and mental health coping skills to help individuals strengthen themselves spiritually and better face life's challenges.

Personal Finances - A 10-week course for those who want better control over their finances. Learn how to eliminate debt, protect against financial hardship, and invest in the future. Create a financial plan and follow a budget. Spouses are encouraged to attend together.

Starting and Growing My Business - This self-reliance group will help you learn to make wise business decisions as you start or grow a business. The goal of this group is not only to help you with your business; it is also to help you act in greater obedience and faith in the Lord and receive His promised blessings of temporal and spiritual self-reliance. Members learn key business skills such as identifying customer needs, finding customers, and keeping good business records.

Find a Better Job - For those who are looking for work or a better job. Group members will learn to identify opportunities, network, present themselves professionally, and prepare for job interviews. They will also set goals for contacts and interviews.

Education for Better Work - For those who need additional education or training to get a job. Group members will research, create, and present career and education plans. They will also spend time each week practicing skills that will help them be more effective learners.

English Connect - EnglishConnect brings together English language learners, instructors, volunteers, and Church leaders to create an English learning program for all of God's children. The program includes both face-to-face and online courses that also provide opportunities to learn more about the Church if learners choose to do so.

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HOW TO SIGN UP FOR NEARBY SELF-RELIANCE CLASSES

To sign up for a nearby Self-Reliance class, follow these steps:

1. Go to <https://quickreg.churchofjesuschrist.org/>
2. Use the filters if desired.
3. Find a class and click "Sign Up".
4. Follow the prompts to register.

HOW TO START A SELF-RELIANCE CLASS

If there is sufficient need in the ward or no local classes are available, talk to your bishopric about organizing a class at the ward level. A facilitator can be called and invitations extended under the direction of the bishopric. The Stake Welfare & Self-reliance Specialist can be consulted for support with this process.

CHURCH ONLINE RESOURCES FOR CLASS PARTICIPANTS

<https://www.churchofjesuschrist.org/self-reliance/group-members?lang=eng>

CHURCH ONLINE RESOURCES FOR LEADERS AND SPECIALISTS

- <https://www.churchofjesuschrist.org/self-reliance/leaders-specialists?lang=eng>
- <https://www.churchofjesuschrist.org/self-reliance/course-materials/leaders-guide>

CHURCH ONLINE RESOURCES FOR CLASS FACILITATORS

- <https://www.churchofjesuschrist.org/self-reliance/facilitators?lang=eng>
- <https://www.churchofjesuschrist.org/self-reliance/course-materials/facilitating-groups>

CLASS MANUALS AND VIDEO RESOURCES

<https://www.churchofjesuschrist.org/self-reliance/manuals-and-videos?lang=eng>