

One Another's Experience, Strength, and Hope to Help Each One to Reach One



We Believe

We believe that people overall may suffer traumatic life altering situations that cause them to experience extreme pain and disconnect from life. A large percentage of them become bound by many addictions and dysfunctional behaviors and lifestyles. We believe that the Spiritual 12 Steps is a filtering system to the issues of life. We believe that as a person seeks a relationship with our Lord and Savior Jesus Christ, that the Lord will heal, deliver, and set them free from the bondage and torment in which they've lived. We believe that as the participants learn about the Bible they will begin to see how the God of the Bible speaks directly to their various issues of life. They will find that the Lord can liberate them from debilitating addictions and issues while establishing wholeness, stability, and a perfect relationship with Him. We believe God's plan for salvation begins in the book of Acts. Repent, be baptized in the name of Jesus Christ for the remission of sins, and you will receive the gift of the Holy Spirit (Acts 2:38). We believe that when you invite the Holy Spirit in your life, the Spirit will lead you into all truth.

Open Group

The participants and their family members are invited to attend this group. We provide help for a broad spectrum of challenges and concerns the participants and their family members may face. We teach about change.

Change may be related to issues within Themselves, Relationships, Environment, spiritual, physical, and emotional health. We assist them in identifying the essential changes that need to be made within their lives. The participants and their families are encouraged to embrace these changes in order for them to live a prosperous, productive, healthy life.



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CHRISTIAN LIFE CENTER
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Christian Life Center

Freedom from Bondage



**Spiritual Restoration
& Recovery**

Breaking Free from All Bondage and Strongholds

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy - Jude 22-24



FREEDOM FROM BONDAGE

We are a support group in the community. We create a safe, nurturing environment where we help men and women share their experiences, identify destructive patterns of behavior, and explore internal struggles that are impacting their lives.

The support group staff works with our participants to deepen their awareness, communicate more effectively, and make more informed decisions.

Women Only & Men Only Small Groups

These two small groups are facilitated by the FFB staff. These groups provide a time where the participants can talk about specific issues in concern to their gender in a smaller, private setting. These groups are designed for men and women who want to find their purpose, passion, and a relationship with God.

We Provide Direction in Obtaining

- Employment/Worknet
- Education/GED
- Lost Social Security numbers
- Food
- CA Identification Card
- Clothing
- Healthcare/Medi-Cal/Dental
- Housing

AREAS WE ADDRESS

- Addiction/Recovery
- Self-harm disorders
- Adult Children of Abuse
- Trauma & Abuse
- Relationships
- Challenges at work
- Depression
- Grief & Loss
- Stress & Anxiety
- Life transition
- Personal Growth
- Codependency
- Body Images/Eating Disorders

Assessment

We evaluate each person to assess how we can best support them in their transition. The participants are assigned a sponsor who will help them in creating a plan to obtain goals to overcome strongholds, repeat offenses, and conflicts within their life.



RECOVERY TOOLS WE USE

The Word of God

We use the Bible as our foundation in which the principles of recovery are based.

12 Steps to Recovery

The original 12 step method is a tool we use to work with participants. We believe that the 12 steps is a filtering system in life that helps to maintain living a life with morals and Godly Character, while giving back to those still suffering.

Healing for Damaged Emotions Workbook

The staff uses the Healing for Damaged Emotions Workbook which focuses on the inner healing, guilt, shame, stress, worry, fear, anger, low self-esteem and many other areas within one's life that can hinder them from living a wholesome complete life. The group works through each chapter and assignment together.