

# SELF RELIANCE COURSES

BEGINNING

SEPTEMBER 2025

{BOTH SUNDAY AND WEEKDAY COURSES AVAILABLE}

## Education for Better Work

- Research, create, and present career and education plans.
- Practice skills to be more effective learners.
- 10 week course

## Find a Better Job

- Learn to identify opportunities, network, and present themselves professionally.
- Practice job interview skills and tactics.
- (Two Saturdays 9am-12pm hour lunch and then 1-4pm)

## Emotional Resilience

- Learn spiritual and practical skills to help each of us better care for our body, mind, emotions, and relationships.
- Not group therapy or professional treatment for mental health issues.
- 10 week course

## Personal Finances

- Learn to better control your finances.
- Learn to eliminate debt, protect against financial hardship, and invest for the future.
- 12 week course

## Starting and Growing My Business

- Learn to make wise business decisions as you start or grow a business.
- Act in greater obedience and faith as you make the Lord your business partner.
- 12 week course

## Strengthen Marriage

- Learn about the influence of eternal principals and covenants in marriage.
- Effective Communication techniques.
- Promote marital unity, equality, and sharing.
- Overcome anger problems
- 6 week course

"Taking the Start and Grow My Business self-reliance class through the Church was exactly what I needed to take my small hobby and turn it into a real business. This course gave me the structure, clarity, and confidence to move forward with purpose. I learned how to better understand my customers, manage my finances, and set realistic goals. More importantly, I was reminded each week that the Lord cares about every part of our lives—including our efforts to provide for ourselves and our families. "

-Kip Atwood, Providence Stake

"The Emotional Resilience course absolutely changed my life for the better. I was skeptical going into it, and even thought I might not need it. But each week, I came away refreshed and empowered, ready to take on life's punches. Each week, I had new tools and a support team to check in with. This came at the perfect time in my life, and I'm so grateful."

-Melanie Dean, River Heights Stake

Scan code or Click Here  
to register now



Providence Stake | River Heights Stake | Providence South Stake

If you have any questions regarding these courses, please email [provstakeSrc@gmail.com](mailto:provstakeSrc@gmail.com)