

Free Continuing Education

5 free Forums per calendar year for Christian leaders and healthcare workers

PLEASE CONTACT US

www.fridayforumsaps@gmail.com

**FREE
1.5 CE'S**

About Arden Woods Psychological Services

Arden Woods Psychological Services (APS) has been serving the mental health needs of the community since 1990. We have over 20 independent therapists, who are licensed professionals with advanced degrees in mental health. As a clinic, we are committed to a high standard of professional practices and personal integrity.



Mental Health Services at APS

We offer individual, couples, and family counseling, including Christian-based counseling per the request of the client. Formal psychological evaluations for some diagnoses are available. Most providers accept all major insurances.



FRIDAY FORUMS

Arden Woods Psychological Services, P.A.



Listen Together

Building community with Christian leaders and healthcare workers through interactive educational forums



Learn Together

Integrating concepts from the fields of theology, psychology, and science through *FREE* continuing education



Grow Together

Gathering together for a shared learning experience to grow and to better serve others

Listen Together

ABOUT FRIDAY FORUMS

Since 2007, Arden Woods Psychological Services has offered Friday Forums, which are interactive informational sessions for Christian leaders and health care workers in our community. *We meet Friday mornings from 8:30-10:00am. Upcoming dates for the year will be emailed in January.*

At each forum a therapist/guest speaker presents on a variety of topics and will invite questions and discussion from participants. Our desire is to serve the ministry and care community by presenting psychological and mental health concepts that are helpful in their own ministry and personal lives.



Learn Together

FORUM GENRES

We offer a variety of topics that help bridge the gap between mental health, ministry, and science. We are open to hearing what information you need to better serve the needs of the people you work with, as well as assist your own professional growth. We hope to establish a place for integrating ideas from a variety of helping perspectives.

Examples of Previous Topics
Helping Teens with Anxiety and Depression
Cultivating a Beautiful God Image
Ambiguous Loss in a Pandemic: The myth of closure
Helping kids with ADD/ADHD
Learning How the Personality Develops: How to use the Enneagram tool for personal growth

"Alone we can do so little; *together* we can do so much."

-Helen Keller

Grow Together

JOIN OUR FORUMS

We send an email informing you of the upcoming session one month from scheduled forum. Please sign up via email or phone (listed below) if you would like to receive these emails.

Phone: 651-482-9361 or
Email: fridayforumsaps@gmail.com

Friday Forums meet at
Salem Covenant Church in
New Brighton, MN.
(8:30 am-10:00am)

INTERESTED IN BEING A GUEST SPEAKER?

If you are interested in being a speaker at Friday Forums on a topic that integrates an aspect of Christianity with psychological principles, please contact Dr. Cheryl Schultz at the contact information below.

Phone: 651-482-9361 or
Email: fridayforumsaps@gmail.com

"Faith does not eliminate questions. But faith knows where to take them."

-Elisabeth Elliot