



TIME TO RESTORE's

ONE-HOUR FREE WORKSHOP OPTIONS

CHURCH WORKSHOPS



ABOUT US



Mission:

As a diverse team of highly skilled and experienced professionals, Time To Restore provides therapeutic opportunities and education for integrated healing and growth. Our ultimate goal is to provide a safe space for all to learn, heal, and grow in order to live abundantly.

Vision:

Helping people heal by renewing minds, restoring lives, and rebuilding communities for a more compassionate and resilient world.

Values:

Compassion

Dignity

Equity

Belonging

Integrated Healing

All elements of the human experience (spiritual, mental, emotional, physical, and relational) need attention for a person to be healthy and whole

FREE WORKSHOP #1

FAITH AND MENTAL HEALTH

AUDIENCE:
PASTORS, CLERGY, STAFF, LAY-LEADERS

Spiritual life and mental health are often seen as separate, yet they frequently overlap in ways that can be hard to discern.

Discerning when spiritual oppression may also be a mental health pattern that requires ongoing support with a professional is often difficult to distinguish. This one-hour workshop helps church leaders understand where spiritual challenges may also reflect deeper emotional or mental health issues that need ongoing care and healing.

Led by mental health professionals with years of ministry experience, this session bridges the gap between faith and psychology, offering practical insight for church leaders and staff. Unlike many free trainings, this workshop integrates both professional mental health practices and real-world ministry experience, helping churches better support holistic healing for their communities.

FREE WORKSHOP #2

SERVICE IN THE CHURCH

AUDIENCE: CHURCH CONGREGATION

It is our responsibility and our privilege to serve others, especially within the church family. We often get excited by opportunities and jump in to serve, but then the cracks show up. We get tired, discouraged, and over-scheduled. This workshop teaches the Biblical meaning of the word stewardship as it applies to giving of our selves: our time, our energy, and our resources. Caring for the body and soul God has entrusted to us paves the way to live fully inwardly to our self while also living fully outwardly to others.

This workshop is designed to help people within the church learn the difference between self-care vs. selfishness and serving others vs. neglecting self and family. We teach Biblical principles about stewardship while integrating science-backed information and tools for balanced service and self-care.

This unique workshop focuses on self-awareness through a biblical lens. With guidance from mental health professionals, participants reflect on their personality, life season, history, family dynamics, and other responsibilities to better understand their healthy, God-given limits. Using a practical “Steward to Selfish” scale, individuals will reflect on how they care for themselves and others, learning to recognize healthy stewardship versus selfish tendencies while growing towards a balanced, Christ-centered life.

FREE WORKSHOP #3

SORRY SEEMS TO BE THE HARDEST WORD...

AUDIENCE: MARRIAGE / COUPLES

Does it seem like sometimes the word “Sorry” is difficult to say? Do you wish you could hear it from your partner more often? Maybe you do hear it, but it doesn’t seem to help.

All of us have experienced and caused ruptures within our most important relationships. Ruptures can be defined as a break in the emotional connection between two people, often resulting from a conflict, misunderstanding, breach of trust, or unmet expectations. God established marriage as the primary relationship in a believer’s life. For this reason, ruptures in marriage don’t just affect the marital relationship; they also can disrupt our ability to be effective in parenting, work, and ministry. They can even negatively impact our physical health.

Backed by decades of research and biblical principles, this workshop will explore what causes relationship ruptures, why repairing those ruptures is vital, and the consequences of leaving ruptures unresolved. It will teach couples how to identify a rupture, communicate effectively about their need for repair, and effectively provide the repair needed.

INTERESTED IN OTHER
WORKSHOPS AND TOPICS?

WORKSHOP PRICING

60 MINUTE WORKSHOP - \$300

90 MINUTE WORKSHOP - \$400

120 MINUTE WORKSHOP - \$500

HALF DAY (4 HOURS) WORKSHOP - \$1200

CONTACT US

We would love to connect with you.

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